

### A Fresh New Look at the Blue Hawaiian Barbecue

by Crezia Tano

A familiar location on Leland Avenue has a fresh new look! Vibrant yellow walls and a stainless steel service counter now gleam in the rays of sun that pass through the large windows of the new Blue Hawaiian Barbecue Restaurant.

Upon entering the new business, I was surprised to see many people in the restaurant enjoying their lunches. The steam from the bamboo steamers climbed through the air, and the scent of dim sum and chow fun made customers eager to sit down and eat their food. The welcoming faces of all the employees made me feel at home.

Owner Lian Lee, greeted me with a friendly smile and "Welcome to Blue Hawaiian Barbecue!" She picked Leland Avenue for her business because of the high Chinese population in Visitation Valley.

She knew that the closest restaurant to get dim sum was on San Bruno Avenue in the Portola neighborhood, and that was one of her main reasons for locating her business on our blossoming corridor.



A great selection of food and friendly smiles await customers of the new Blue Hawaiian Barbecue on Leland Avenue.

In addition to the good food, the customer service is stellar. Employees take your order and walk your food around the counter to place it in your hands (similar to the service style at Nordstroms).

On top of the customer service, the price for the rice plate is quite competitive. The \$3.75 Lunch special gets you white rice with two entrees (add 75 cents if you'd like fried rice or chow mein).

Their dim sum selection is quite tasty and impressive; one order (three pieces) is \$1.30.

Blue Hawaiian Barbecue is located at 107 Leland Avenue at Alpha Street. Their phone number is (415) 469-9728.

Photos by Crezia Tano, VVBOOM Program Manager  
See more information at [www.myspace.com/vvboom](http://www.myspace.com/vvboom)

### S.F. Part of New Regional Water Conservation Campaign

San Francisco Mayor Gavin Newsom on July 20 joined leaders from Bay Area water agencies to unveil an unprecedented regional public education campaign aimed at reminding residents and businesses to curb water use this summer and fall.

The new *Water Saving Hero* campaign features ordinary people adopting simple water conservation practices in their everyday lives.

Featured is a new website [www.WaterSavingHero.com](http://www.WaterSavingHero.com), where Bay Area residents can link directly to their local water agency's conservation tips and cash rebate information.

Running at least through the fall of 2007, the campaign aims to make Bay Area residents think about short and long-term steps they can take to reduce water use in their home or business. Water-saving tips for homes and businesses include:

- \*Watering yards or gardens in the early morning or at night to reduce evaporation in the mid-day sun.
- \*Fixing toilet or plumbing leaks, which can waste thousands of gal-

lons of water and cause water bills to skyrocket.

- \*Taking shorter showers and turning off the water when shaving or brushing one's teeth.
- \*Doing only full loads of laundry or running the dishwasher only when it's full.
- \*Sweeping instead of hosing off the sidewalk.

The effort comes after Northern California experienced one of the driest winters on record and amidst ongoing water supply concerns related to the Delta and other water sources.

"Following one of the driest winters on record, Bay Area residents have taken real steps to save water but we have to keep it up," said Mayor Newsom. "This new regional campaign urges us all to adopt simple habits and become a *Water Saving Hero* in our everyday lives."

Compounding problems caused by a dry winter and meager Sierra snowpack, some Bay Area water agencies are also struggling with an unexpected reduction in water deliveries they normally receive from the San Joaquin-Sacramento River

Delta, which is currently in crisis.

"A network of aging and eroding levees, subsiding land, climate change, pollution, mountain regulatory uncertainties and a struggling ecosystem are adding to the problems which ultimately put our water supply in jeopardy," said Stan Williams, CEO of the SCVWD, which receives about half its water supply from the Delta.

"Since the State temporarily shut down the Delta pumps last month, we've had to rely more heavily on our reserves. If people cut back their water use by ten percent or more, that will help us better prepare for the future, especially if 2008 is also dry."

"With climate change upon us, we know these drier winters will be more common in the future," said Newsom. "We can all make these water-saving habits a way of life without sacrificing our quality of life."

To learn more about the *Water Saving Hero* campaign, view the ads or link directly to your water agency's conservation tips and cash rebates, see [www.WaterSavingHero.com](http://www.WaterSavingHero.com).

### Green Task Force Wants Environmental Standards for City's Private Buildings

Commercial and residential buildings in San Francisco may be required to meet high environmental standards, similar to those already in place for municipal buildings, if the city follows the recommendations of Mayor Newsom's Green Building Task Force, which the Task Force released July 11.

"We must create more energy and resource efficient buildings in San Francisco to meet our aggressive greenhouse gas reduction targets," said Mayor Newsom.

"I convened the Green Building Task Force in order to challenge the folks in this town who actually build buildings and finance construction to achieve the highest levels of environmental performance."

The Task Force is comprised of ten members of San Francisco's building ownership, developer, financial, architectural, engineering, and construction communities, who the Mayor selected for their knowledge of the building industry and commitment to San Francisco's long-term sustainability.

The Task Force's recommendations address new commercial and residential buildings, as well as major alterations to both.

For large commercial buildings and renovations, the Task Force recommends a phased approach, with an immediate target of LEED Certified, increasing to LEED Gold by 2012.

For smaller commercial buildings, where the payback for green design is less substantial, the Task Force recommends voluntary compliance to the extent practicable. "LEED" is the US Green Building Council's resource efficiency standard, which stands for

"Leadership in Energy and Environmental Design."

High-rise residential buildings follow the same guidelines as commercial buildings.

Smaller residential buildings of 1-4 units, and mid-rise buildings under 75 feet high are recommended to achieve a GreenPoint Rating of 75 points by 2012.

GreenPoint Rated is a rating system more suited for smaller residential rather than commercial construction, developed by "Build It Green," a professional non-profit membership organization whose mission is to promote healthy, energy and resource-efficient buildings in California.

The Task Force also recommends incentives including development bonuses, property assessment equalization, and fee reductions that would be phased in over the next five years.

Incentives would only be available for buildings that exceed standards, with the highest incentives for the projects with the highest environmental performance.

"The Task Force recommendations will create the foundation for meaningful Green Building legislation that will be achievable because it has the buy-in from the people who make building happen; but at the same time, it will get us where we need to go," said Mayor Newsom.

"I look forward to working with architects, engineers, green building professionals, and all interested parties to craft mandatory green building standards that will serve the highest interests of San Francisco."

The complete Green Building Task Force Report is available online, where it is posted under *Quick Links* at [www.SFEnvironment.org](http://www.SFEnvironment.org).

### "Increase the Peace" Rally in Sunnydale

The Sisters of Samoa are sponsoring a *Peace Rally* on Saturday, Aug. 11 from 12 noon to 4 p.m., in front of the Sunnydale Recreation Center, 1652 Sunnydale Ave.

Singing, dramas and skits, positive rappers and live testimonies, face painting and jumpers are on the program, with hot dogs and hamburgers also provided.

This is a free event for all the communities of Visitation Valley. Come and join your neighbors to increase peace by sharing a good time.

### Neighbors Clean and Celebrate At Improved Little Hollywood Park



Neighborhood volunteers worked together to clean Little Hollywood Park.

Friends of Little Hollywood and San Francisco Recreation and Parks joined for a thorough Saturday morning cleaning of Little Hollywood Park on June 30.

Volunteers included Rick Graham, Jerry Path, William Lyons, Marianne Kjobmand, Edie Epps, Eliza Maye and Richard Boyd.

Although part of the City's park system, local neighbors help maintain the grounds located at Lathrop and Tocoloma avenues.

Residents of Little Hollywood also celebrated the renovation of the children's playground and resurfaced basketball court with a recent Sunday afternoon barbecue lunch. It was a chance for neighbors to meet each other and to see old friends.

Longtime neighbors and relatives spoke fondly of Clarence Fleming, who's energy and hard work had benefitted both the neighborhood and the park, which was dedicated in his honor.

**Mark Your Calendar for the Biggest Visitation Valley Event of the Year!**  
**The Second Annual Leland Avenue Street Fair**  
**Sunday, September 9, 2007, 11 a.m. to 5 p.m.**



## Grapevine Mailbox

### Newspaper Demographics

1. The Wall Street Journal is read by the people who run the country.
2. The Washington Post is read by people who think they run the country.
3. The New York Times is read by people who think they should run the country and who are very good at crossword puzzles.
4. USA Today is read by people who think they ought to run the country but don't really understand The New York Times. They do, however, like their statistics shown in pie charts.
5. The Los Angeles Times is read by people who wouldn't mind running the country — if they could find the time — and if they didn't have to leave Southern California to do it.
6. The Boston Globe is read by people whose parents used to run the country.
7. The New York Daily News is read by people who aren't too sure who's running the country and don't really care as long as they can get a seat on the train.
8. The New York Post is read by people who don't care who's running the country as long as they do something really scandalous, preferably while intoxicated.
9. The Miami Herald is read by people who are running another country but need the baseball scores.
10. The San Francisco Chronicle is read by people who aren't sure there is a country or that anyone is running it; but if so, they oppose all that they stand for.
11. The National Enquirer is read by people trapped in line at the grocery store.

### Something Beautiful

Lisa Beamer on Good Morning America - If you remember, she's the wife of Todd Beamer who said "Let's Roll!" and helped take down the plane that was heading for Washington, D.C.

She said it's the little things that she misses most about Todd, such as hearing the garage door open as he came home, and her children running to meet him. She's now the Mom of a beautiful little girl, Mary.

Lisa recalled this story:

I had a very special teacher in high school many years ago whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there.

With a gentle look of reflection on her face, she paused and said, "Class is over. I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important.

"Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is the Powers way of telling us that we must make the most out of every single day."

Her eyes beginning to water, she went on, "So I would like you all to make me a promise. From now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see, it could be a scent, perhaps of freshly baked bread

wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground.

"Please look for these things, and cherish them. For, although it may sound trite to some, these things are the 'stuff' of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at anytime it can all be taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester.

Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook.

### How to Overcome Stress

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "how heavy is this glass of water?"

Answers called out ranged from 8 to 20 ounces

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!"

And then he shared some ways of dealing with the burdens of life:

\*Accept that some days you're the pigeon, and some days you're the statue.

\*Always keep your words soft and sweet, just in case you have to eat them.

\*Always read stuff that will make you look good if you die in the middle of it.

\*Drive carefully. It's not only cars that can be recalled by their Maker.

\*If you can't be kind, at least have the decency to be vague.

\*If you lend someone \$20 and never see that person again, it was probably worth it.

\*It may be that your sole purpose in life is simply to serve as a warning to others.

\*Never buy a car you can't push.

\*Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

\*Nobody cares if you can't dance well. Just get up and dance.

\*Since it's the early worm that gets eaten by the bird, sleep late.

\*The second mouse gets the cheese.

\*When everything's coming your way, you're in the wrong lane.

\*Birthdays are good for you. The more you have, the longer you live.

\*You may be only one person in the world, but you may also be the world to one person.

\*Some mistakes are too much fun to only make once.

\*We could learn a lot from crayons. Some are sharp, some are pretty and some are dull, Some have weird names, and all are different colors, but they all have to live in the same box..

\*A truly happy person is one who can enjoy the scenery on a detour.

## Contribute Your News to the Visitation Valley Grapevine

With this issue, Visitation Valley Grapevine begins its 22nd year of service to the neighborhood with a gentle reminder that contributions of stories and photos from the community are both encouraged and appreciated.

Any news items, activities of organizations, church announcements, future events, accomplishments, social notes, letter to the editor or stories about life in Visitation Valley can be sent by the By e-mail to: [visvalley@earthlink.net](mailto:visvalley@earthlink.net), by regular mail to:

Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134, or in person to the Grapevine office on the second floor of Visitation Valley Community Center at 50 Raymond Ave. Items should be received by the 15th of a prior month to appear in the next month's issue, with time-sensitive items given priority.

### George Carlin on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!"

You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life... you become 21. Even the words sound like a ceremony.

But then you turn 30. Oooohh, what happened there?

Makes you sound like bad milk!

He turned; we had to throw him out.

There's no fun now, you're just a sour-dumpling.

What's wrong? What's changed?

You become 21, you turn 30, then you're pushing 40.

Whoa! Put on the brakes, it's all slipping away.

Before you know it, you reach 50 and your dreams are gone

But wait! You make it to 60. You didn't think you would!

So you become 21, turn 30, push 40, reach 50 and make it to 60.

You've built up so much speed that you hit 70!

After that it's a day-by-day thing; you hit!

You get into your 80s and every day is a complete cycle; you hit lunch; you turn 4:30; you reach bedtime. And it doesn't end there.

## Tips to Stay Safe and Cool in the City This Summer

Summer is here, and as the weather warms up, PG&E reminds customers to stay safe by taking action to stay cool. Extreme heat can be a health hazard and even life-threatening if the proper precautions are not taken.

As a service to customers, PG&E offers some helpful tips to beat the heat as well as information on local cooling centers. Cooling centers are free locations where anyone can go to cool off when temperatures are unusually high, especially those who have a high risk of experiencing heat related illness such as senior citizens, people with a medical condition, infants and young children. The cooling center in San Francisco is located at St. Mary's Hospital, 450 Stanyan St..

## California Gas Prices No Longer Highest in the Nation

What do Colorado, Connecticut, Hawaii, Iowa, Illinois, Kansas, Michigan, Minnesota, North Dakota, Nebraska, New Mexico, New York, South Dakota, and Wisconsin have in common? All 13 states have higher average gas prices than California.

California usually has one of the highest average prices for gasoline in the United States, generally only exceeded by Hawaii.

According to a new report from AAA of Northern California, which tracks fuel costs as a service to consumers, the statewide average cost of a gallon of regular unleaded gas in mid-July was \$3.15. That price is 15 cents per gallon lower than the average cost at the time of the last AAA fuel price survey on June 12 and 10 cents a gallon less than a year ago.

Recent production problems at Midwest refineries have led to an increase in gas prices in that region of

the country. Despite erratic refinery production in California since May, the supply of gasoline here is relatively high compared to average levels over the last five years, according to the California Energy Commission.

"Unfortunately, this reprieve from the recent cycle of rising prices may already be over," said Sean Corney,

spokesperson for AAA of Northern California. "Prices have actually begun to increase over the last few days, so even though we're paying less than a month ago the cost of filling up is on the rise again."

Some recent trends in the market appear to be pushing gas prices higher. The cost of crude oil, the raw material from which gas is made, has increased over the last month and today is trading at the highest price in the last year. Rising oil prices typically trickle down and boost the cost of retail fuel prices. Wholesale gas prices,

into the 90s, you start going backwards; "I was just 92."

Then a strange thing happens.

If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

**How to Stay Young**

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.

"An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be alive while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but not to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

And always remember that life is not measured by the number of breaths we take, but by the moments that take our breath away.

### In Case of Emergency

We all carry our mobile phones with names and numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this "ICE" (In Case of Emergency) campaign.

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations.

As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE"

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

For more than one contact name, simply enter ICE1, ICE2, ICE3, etc. A great idea that will make a difference! Let's spread the concept of ICE by storing an ICE number in our Mobile phones now!

the REACH-Plus program, customers can visit [www.pge.com/reach](http://www.pge.com/reach).

To stay safe and cool this summer: \*Plan ahead and pay attention to local weather forecasts.

\*Avoid strenuous activities in hot, direct sunlight.

\*Drink plenty of water and avoid drinking alcohol or caffeine when the weather is hot.

\*Wear light weight, loose, light-colored clothing.

\*Take a cool shower or bath.

\*Plan trips to a movie theatre, shopping mall or other public place with air conditioning.

\*Pay attention to your body. Muscle cramps, dizziness and nausea are signs that you or someone else may be suffering from a heat-related illness.

the amount gas station owners pay for fuel before selling it to the consumer, have also been rising in the last two weeks.

The most expensive average gas price in the California communities where AAA monitors fuel costs is in Eureka, where regular unleaded sells for \$3.42 per gallon. The lowest price among Northern California cities tracked by AAA is in Chico, where gas costs an average of \$3.05 per gallon. Throughout Northern California, the average price was \$3.18, a decrease of 14 cents per gallon since the last AAA gas price report. In the Bay Area, the average price was \$3.36, down 16 cents from the previous month.

The national average price for gas in mid-July was \$3.04, down 3 cents from the previous month's survey. The national average price was 11 cents a gallon less than the California statewide average price.

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# Joe Leland around the neighborhood

**\*Save The Palms??:** Construction of the 120 town homes at the former Travelodge site atop Bayshore Boulevard is rapidly moving toward completion. Unfortunately, due to an unexplained error by the developer; two of the majestic Canary Island Date palm trees along the southern edge of the site may need to be destroyed. DPW's Bureau of Urban Forestry has been contacted and reports that one of the trees may be saved, but the other's health will be compromised if it remains in place. Several residents have suggested that replacement trees be planted throughout the neighborhood. Others ask: "How did this happen?"

**\*Local Vendors Wanted:** VVBOOM is looking for local vendors and community based organizations to participate in the Second Annual Leland Ave Street Fair. The day long event promises to be the ideal opportunity to meet your neighborhoods, sell your merchandise and build you customer/client base. Tables and booth prices are very reasonable. Please contact Crezia Tano at (415) 587-7896 x104 or Ctano@vvboom.org for more info.

**\*Our New Library:** The San Francisco Public Library Commission will discuss the "Adaptive reuse of 201 Leland Ave." report at their August 16th commission meeting. This report was kindly prepared for the community in response to a request that the feasibility of reusing, instead of demolishing, the existing building (SuperFair Market) at 201 Leland as our "new" Vis Valley Library. The Commission meets at the Koret Auditorium, Main Library, lower level at 4:30 p.m. For an unbiased summary of this report, feel free to contact Russel Morine at (415) 740-4014 or Rmorine@aol.com

**\*Blue Hawaiian Restaurant:** The latest addition to the Leland Avenue commercial corridor is 107 Leland Ave. Closed for several months during remodeling, the restaurant is now open seven days a week. Great Dim Sum! Check them out.

## Save the Date

## Leland Avenue Street Fair on September 9

"How can we make this year's Street Fair bigger and better than last year's event?"

That's the question that the Visitacion Valley Business Opportunities and Outreach to Merchants (VVBOOM) program and volunteers from the neighborhood asked themselves as they met to work on the plans for the Second Annual Leland Avenue Street Fair scheduled for Sunday, Sept. 9. Leland Avenue, from Bayshore Boulevard to Peabody Street will be closed to traffic for a day for music and family fun.

This event is a key component of VVBOOM's corridor revitalization efforts in that the primary goal of the event is to reconnect the resi-

## CAC Appointment for VVCC Board President

Dr. Veronica Hunnicutt, dean of the CCSF Southeast College and current board president of Visitacion Valley Community Center, was recently appointed by Mayor Gavin Newsom to the Hunters Point Citizens Advisory Committee.

In working on numerous educational programs in the past to train community and city residents, Dr. Hunnicutt has assisted Mayor Newsom n establishing programs for workforce development. She has also participated on advisory panels on biotech, employment and technology forums.

## Keeping Kids Reading This Summer

by Kathleen Odean

Summer can be a magical time for kids, and part of that magic should be the books they read. Sure, parents and teachers know that enjoying books in the summer helps children practice their reading skills. But don't tell the kids that! Instead, entice them with books that make reading fun. But what are the best ways to find good books and get your kids psyched about them?

As a longtime children's librarian, I see summer as a terrific time to give kids choice in their reading. During the year, teachers usually choose the books. In summer, kids want to choose their own-but they may need some help. One innovative Web-based program provides just the sort of assistance kids and parents are looking for, with a book-selection committee that chooses a range of books that kids will like-then combines the top book choices with engaging activities and a terrific online pen-pal program.

Summer is a great time for sparking kids' imaginations with fiction. They finally have time to read the mysteries, science fiction and funny

dents of Visitacion Valley back to our community's historic commercial corridor, Leland Avenue.

Most in attendance at the planning meeting participated in the organization of last year's event and were eager to help again with what quickly is becoming THE Visitacion Valley showcase event.

After figuring what went right with the 2006 event, the group then discussed what could have been done better. Noted was the need for more volunteer support in general, and especially more planning in the children's area. The difficulty in securing food vendors, as evident by the lone vendor, was dully noted and will be addressed. Ending the event at 5 p.m. instead of 6 p.m. was also recommended. More help was needed to clean the street after the event was finished.

At the end of the meeting, a simple formula had been developed to ensure that the Second Annual Leland Avenue Street Fair will be bigger and better: "More Music + More Food + More Fun + More Families = The Second Annual Leland Avenue Street Fair."

The Second Annual Leland Avenue Street Fair will take place Sunday, Sept. 9 from 11 a.m. to 5 p.m. on Leland Avenue (from Bayshore Boulevard to Peabody Street). For more information, contact Crezia Tano at (415) 587-7896 x104 or Ctano@vvboom.org

- Russel Morine

books that aren't studied in school. Keep in mind that informational books grab certain kids, especially boys, more than fiction does. Baseball, experiments, insects, dogs-these are all topics that will get kids reading.

Make reading fun, and it will fit right into your children's idea of what summer should be. By the time school starts, your children will be refreshed by their reading adventures and eager for more. Summer Picks, Grades 3-5

*\*How to Talk to Your Dog* by Jean Craighead George;

*\*Earthquakes* by Seymour Simon;

*\*Batteries, Bulbs and Wires* by David Glover;

*\*City of Ember* by Jeanne DuPrau;

*\*Wolf Stalker* by Gloria Skurzynski;

*\*Bound for Oregon* by Jean Van Leeuwen.

More information can be found at [www.in2books.com/summer](http://www.in2books.com/summer).

Kathleen Odean is the chief librarian of In2Books and a past chair of the Newbery Award Committee. She is the author of *Great Books for Girls: More Than 600 Books to Inspire Today's Girls and Tomorrow's Women* and *Great Books for Boys: More Than 600 Books for Boys 2 to 14*. **NAPS**

## City Teams with Weather Service in Tsunami Ready Program

by Mayor Gavin Newsom

San Francisco takes disaster preparedness very seriously, both for the City and for individuals. As part of this commitment, our Department of Emergency Management is participating in the National Weather Service's Tsunami-Ready program. This program promotes tsunami hazard preparedness in coastal communities.

The first major step towards being granted the Tsunami-Ready designation is the installation of signs along Ocean Beach to indicate the hazard zone and evacuation routes. If you live in or visit this area (known as the western inundation zone) you may have already noticed these signs.

Although we normally think of earthquakes as our greatest risk, as a coastal area we may also be vulnerable to tsunamis. A tsunami is a series of waves created by a sudden, significant displacement of the ocean floor, which can be generated by an underwater earthquake or landslide. While tsunamis are rare, they can be extremely dangerous.

If you are on or near the beach and observe the water receding in an unusually rapid manner, immediately evacuate eastward to higher ground - even if no official warning has been issued.

If the National Oceanic and Atmospheric Administration (NOAA) issues a tsunami warning, multiple

public notification systems will be activated. These include Outdoor Public Warning System sirens (which will sound for five minutes), NOAA weather radios, the Emergency Alert System (EAS), and AlertSF. If you hear or see any of these warnings, tune your radio to KCBS 740 AM or other local station for information from emergency officials.

While a tsunami is an unlikely event, we all need to be prepared in case of any type of major disaster. Our website, 72hours.org, is designed to help you get a handle on emergency preparedness.

72hours.org highlights the fact that after a disaster, it may be at least 3 days before vital services are restored. The website provides step-by-step instructions on how to make a family emergency plan, build a disaster kit, and get involved in training before a disaster occurs or volunteer to help out afterwards. All the information is available in English, Spanish and Chinese.

The first step in getting prepared is to develop a family emergency plan. Decide where you and your family will meet if you are separated when a disaster occurs. Make arrangements for who will pick up your kids if you're at work and can't get to them. Choose an out-of-state contact person - long distance phone lines may be in operation before local lines. Make copies of all your important docu-

ments and send them to a friend or family member out of town to hold for you. Inventory your valuables, and take pictures of them if you can.

Next, you should make a disaster kit. There are some basic things you need, and you probably have a lot of it at home already. First and foremost: food, water and first aid supplies for people and pets.

Be sure to have a battery-operated radio in your kit. If you're stranded without power or telephones, the radio may be the only way to get vital information and instructions. Other items to include are a flashlight, batteries, manual can opener, prescription medicines, change of clothes and personal hygiene items. The most important thing to remember in putting together this kit is that it should be personalized for your family's own needs.

Getting prepared involves simple steps we can all take - but they could mean more than we can imagine. If you are able to take care of yourself and your family in those crucial hours following a disaster, then emergency personnel will be able to use resources for those in the most need of help.

For more information about tsunamis and to view a map of the western inundation zone, please visit our website, [www.72hours.org](http://www.72hours.org), or call 3-1-1. Sign up at [www.AlertSF.org](http://www.AlertSF.org) to receive emergency text alerts by mobile phone and email.

## The Time Has Come for Environmentally-Friendly Energy

by Leland Y. Yee, Ph.D.

In an age of oil-dependence, ever higher gas prices, and signs of global climate change, it is more important than ever that we work as a society to increase our use of "green" energy and sustainable technology. San Francisco and San Mateo counties have been leaders in this field, and I have looked to the ideas and creativity of our local communities to develop and propose policy on the state level.

Assembly Bill (AB) 1969, which I authored last year, allows water and wastewater agencies to sell environmentally friendly energy produced by their facilities - such as hydro, solar, and biogas - to electrical companies, resulting in up to 250 new megawatts of energy in the state's grid. AB 1969 will significantly help the state meet our renewable energy goals and improve the environment through a reduction in greenhouse gases.

This is great progress, but it is not enough. There is much more that we can do before we begin to reduce our dependence on oil and other carbon producing fuels.

It is important that we work cooperatively - legislators, state agencies, businesses, communities and individuals - to continue to green our state. I am thrilled that

the California Public Utilities Commission (PUC) has been working to expand the scope and potential impact of AB 1969 to a broader range of Californians. Under such an expanded program, all businesses and customers in California will be allowed to produce renewable energy, increasing the potential energy sent to the state's grid to 500 new megawatts at any given time - enough energy to power 500,000 Bay Area homes.

California has a promising opportunity to increase energy production while also helping our environment. As the demand for water and energy grows, it is imperative that all businesses be able to offset their increased needs through the sale of energy being generated at their plants and buildings, which will also result in significant savings for residents. There are a number of bills currently pending in the Legislature that follow the path of AB 1969 to improve air quality, reduce greenhouse gas emissions and boost state planning for climate change.

As we work on the state level, it is important to reach out to the local level as well. My staff can help residents, local contractors, and small businesses learn about green practices and opportunities to de-

velop sustainable technology. Please feel free to call my offices anytime: (415) 557-7857 for San Francisco and (650) 340-8840 for San Mateo County. The average person can make easy, small changes such as switching to Compact Fluorescent Light-bulbs (CFLs), which use 75 percent less energy to produce the same amount of light. Solar panel companies will now install solar panels on your home or business for free and sell the left-over natural energy back into the market. Contractors can create homes with room-by-room heating to save energy, and can also install solar panels which save customers a lot of money and the environment a lot of damage over the long run.

Changing our habits and practices will take a lot of work. On the global level, efforts are being made to draw worldwide attention to these issues. In the end though, change will be made person-by-person and law-by-law. I urge you to see what changes you can make in your own lives, and to write, call, and cajole your legislators to make these changes in our local, state and federal policies. We have a lot of work to do, but success is within our reach.

Leland Y. Yee, Ph.D. is Assistant President pro Tempore of the California State Senate.

## Visitacion Valley History Project Shares Some Memories

*From June 2003 through June 2004, oral histories were gathered from a few of the long-time residents of Visitacion Valley as part of the Circle of Elders project. Here are a few quotes:*

"My folks first came here to the Valley in the late 1920s. We had been living in New Mexico, Dawson, a mining town there.

"I was about 10 or 11 when we moved here. I went to sixth grade at Visitacion Valley School. The principal was Miss Nolan, and then there was Kelly, she was vice principal. I was there up to the 8th grade, and then I went to Balboa High School.

"It (the Valley) was all open, not built up like it is now. We used to call it No Man's Land. We had the 15 streetcar, seemed like it took forever when we went downtown. Then we had one old, rickety car, it went from the county line to Mission Street. Most of the time we'd just walk over the hill to go to

Balboa, because that was faster than taking the streetcar."

**-Al Cinti Oral History**

"I remember the unpaved streets of all of Visitacion Valley, the Toonerville trolley at Bayshore and the county line which ran to Mission street on Geneva Avenue.

"I remember the old barber shop on Wilde Avenue. Bill was the barber, well he didn't make all his money from barbering, he was a bootlegger. My father would go maybe one a month to get a haircut, and when he'd come back from there he'd feel pretty happy.

"I remember McLaren Park before it was a park, nothing but the hills, all Italian families up there. Mostly vegetable gardens. In the fall, in August or September, the Italian families who lived up there would get big deliveries of wine grapes, a wagon came through drawn by horses. I remember going up there in the hills to help them crush the grapes."

**-Harry Pierce Oral History**

"The original Visitacion Valley school, one room for eight grades, was on Cora Street. (My) oldest brother by 18 years went there. I went to the two-story wood building that was built in 1911, where the present school built in 1937 is now.

"Mary Nolan ran the school with an iron hand. She carried a ruler and meted out a smack on the hand for minor infractions; for major infractions she used the butt end of a black horse whip on the legs.

"The whole Valley ran around to the sound of the SP yard whistle that could be heard all over the Valley. It blew to mark the workday at 7 a.m., 7:25 a.m., 8 a.m., 12 noon and quitting time in the evening. In addition to the SP time-keeper, the quarry on Geneva Avenue set off a dynamite charge every day, seven days a week, at 3 p.m."

**-Clarence Wikse Oral History**



## Bayview Police Update

by Bayview Captain Albert Pardini  
**Theft of Recyclables**

Stealing recyclables is a problem throughout San Francisco. Recycling poachers look for items of value such as aluminum cans, bottles and personal information. This crime problem has a far-reaching and negative impact on neighborhood public safety, the environment and consumer recycling efforts. As a direct result, you and your neighbors are exposed to:

\*Increased noise and often trespassing on private property, at all hours.

\*Increased street litter and contamination of potential compost in another bin.

\*Reduction of recyclables collected for San Francisco means higher garbage rates for you.

Did you know that taking recyclables is in violation of the law? Municipal Health Code Sec. 293.1 states that it shall be unlawful for any person other than an authorized City employee or the City's authorized curbside recycling program collectors to take, remove, move or otherwise appropriate the container in which recyclable materials are placed for collection and the matters contained therein. The City and its duly authorized collectors shall have the exclusive right to collect recyclable materi-

als placed for collection in public sidewalk and street areas.

\*Penalty: Any person violating any of the provisions of Section 293.1 shall be guilty of an infraction or a misdemeanor. Upon conviction, a person is subject to the following penalty:

\*Infraction: Fine not exceeding \$250 for the first offense; second or additional offense by a fine of not less than \$100 or not exceeding \$250.

\*Misdemeanor: A person can be punished by imprisonment in the county jail not exceeding six months or a fine not exceeding \$500, or both. You and your neighbors can prevent the theft of recyclables by:

\*Placing your recyclable on the curb by 6 a.m. the day of pick-up.

\*Shred paper with personal information.

\*Organize a SAFE Neighborhood Watch on your block and communicate with your neighbors and the police regularly. Call SAFE at (415) 553-1984.

\*Never confront or stop poachers.

\*Observe and report recycling poachers to the SFPD by calling (415) 553-0123. Take detailed notes on the vehicle license number, car description, time of the theft, description of the person, direction they were heading.

\*Call Sunset Scavenger at (415) 330-1300 or Golden Gate Disposal and Recycling at (415) 626-4000 during business hours to report the theft of recyclables.

## Auto Burglaries

The members of Bayview Station and the community have worked together to reduce auto burglaries. In 2006, we reduced auto burglars by 45 to 50 percent. This accomplishment continued through 2007. Since January 30, 2006 we have arrested over 50 auto burglars.

Now that the summer season is upon us, we might readdress the seasonally reoccurring problem of auto burglaries. The number of thefts from automobiles suffered in most metropolitan areas increase over the next few months. Tourists may be partly responsible for the up-tick in the number of auto burglaries committed. Visitors from suburban and rural areas often do not exercise the caution that their city dwelling relations practice intuitively, and chronic auto burglary suspects know this. We may wish to advise our guests accordingly, and observe the following prudent measures, which the officers at Bayview Station have found improve the chance of a worry free summer.

Generally speaking, try not to leave anything in your car at any time. Even valueless objects like newspapers and water bottles give an auto burglar the impression that the vehicle owner is careless, and may have left something of value behind that is out of sight. Even if you do not have anything stashed away in your trunk or glove box, you don't need the added hassle of replacing a window or door lock. The only things one might keep in his or her vehicle, without too much risk of provoking a break-in, are the vehicle insurance and registration. Even so, do not leave the originals. Make photocopies. They are perfectly legal. Do not use hide-a-keys either. They won't stay hidden for long. A practiced auto burglar, or auto thief, knows just where to look, and makes a point of doing so whenever he breaks into a car. If you have trouble hanging on to your keys, think about purchasing a key chain that can be affixed to your pocket or purse.

These maxims may be difficult if not impossible to live by during the summer season. The next best course of action would be to plan one's outings carefully, so that you don't load your trunk until your ready to travel. Never open a trunk, fill it full of valuables, close it, and then just walk away. Opportunists stay on the lookout for such missteps, and break into the car the minute the driver is out of sight. Plan your excursions so that you load your trunk and lock it up just prior to driving to your next destination. When you get to wherever you're going, make sure to park in well lighted, well traveled areas. Do your best to park in parking lots or garages with an attendant present. If you park on the street do not park in lightly traveled areas like alleys or side streets. Auto burglars prefer breaking into cars where they will not be observed, and choose their targets accordingly.

Auto burglaries may occur in parking garages as well. If you use a valet, give him the ignition lock only, lock the trunk release, and find out where he plans to park the car. If he plans to park it on the street, or an unattended lot, you may as well just park it yourself. Make sure you know what is inside your trunk before you arrive at a valet parking operation, and make sure that everything you put inside the trunk is still there when you get ready to leave. Look inside it before you take off. If you suspect that a valet has taken something from your car, call for police assistance, and tell the communications dispatcher why you think the suspect is still at the scene.

We may continue to observe certain precautions at the end of the day when we drive to your home or hotel as well. If you park on the street, the guidelines listed above still apply. Do not store valuables in your car overnight. Neither should you store valuables in your car if you park in an apartment building garage. The common areas of an apartment building are one of the easiest targets on the criminal venue. Burglars have all the time in the world to case

your vehicle, break into it, and squirrel away the objects inside without the inconvenience of being observed. If you own a home with a private garage, remember that garage burglaries are quite common. The security devices used on our garages are often quite easily defeated. Should you wish to take added measures to secure your garage, think about installing a padlock on the interior side of the door.

Finally, one of the most effective deterrents of vehicle theft is an auto burglary alarm. Although most of the cars that are manufactured these days come equipped with alarms, older models might benefit from one. When purchasing an alarm make certain it comes with an activation light that tells everyone passing by, from burglars to casual observers, that the vehicle is equipped with one. If the alarm comes with a pilfering sensor, make sure the device is not set at too sensitive a level. Vehicles with overactive alarms often end up being towed for disturbing your neighbor's peace. Being neighborly is, after all, one of our most important observations. Your neighbor may be the one who calls the police if someone breaks into your car.

## Health and Job Fair

Assemblyman Mark Leno invites you to a Job and Health Resource Fair. The Job Fair will provide you access to a variety of companies from the Bay Area, while the Health Fair will help to educate and raise health awareness. Free health screenings will be offered. A legislative update will also be provided. Please join us on Friday, Aug. 3 from 1 to 4 p.m. at the Hiram Johnson State Building, 455 Golden Gate Ave. For more information, please call (415) 557-3013.

## Produce Survey

The Quesada Garden Initiative is working in collaboration with the Southeast Food Access in performing a survey of Hunter's Point and Visitation Valley residents to determine the type of produce and food products that they would like to see in their neighborhoods.

By filling out the survey you will automatically be entered in a drawing to win gift certificates for Rainbow Grocery, a Cookbook, or a potted plant from the Quesada Gardens Initiative. To fill out the survey please visit [www.quesadagardens.org](http://www.quesadagardens.org) and follow the links.

## Walk For Food Allergy

More than 12 million people in the U.S.A. suffer from food allergies, including over two million school-aged children. Sadly there is currently no cure for food allergies. The national non-profit organization The Food Allergy & Anaphylaxis Network (FAAN) is working to change that, and you can help!

FAAN is holding a national fundraising event, Walk for Food Allergy: Moving Toward A Cure in 20 cities across the country. The Walk for Food Allergy in San Francisco will be in Golden Gate Park at the Music Concourse, in front of the de Young Museum.

The Walk for Food Allergy in San Francisco is Saturday, September 15th. Please sign up now! Those interested can register to walk as an individual, as part of a walk team, or if you cannot be there that day, as a "virtual walker." Individuals and businesses are also welcome to sponsor the event and to volunteer for the Walk. Everyone is welcome to come join in the fun.

## Police Cases

\*Saturday, June 28, 1:30 p.m., San Bruno Avenue, Probation Violation, Possession of a Handgun: Bayview Officers responded to a 911 call of an individual on a bus with a handgun. The 911 caller was able to describe the individual's appearance. The bus was stopped and the individual was detained. A gun was found on the floor in the rear of the bus. During questioning the suspect admitted to possessing the handgun. The suspect, a convicted felon booked for numerous weapons charges and his probation was violated.

\*Wednesday, July 11, 2:10 a.m., 2650 San Bruno Ave., Attempted Homicide: A motorist was shot at in an apparent road rage incident. The person was driving his Corvette on San Bruno Avenue when he was cut off the road by a person that was passing him. The driver of the Corvette caught up with the driver who was now stopped. As he was confronting the driver a group of Asian men said a racial epithet and began to fire a gun at him. The driver sped off and drove towards the Mission District where he flagged down an officer. The gunman was described as an Asian male 5'4", 130 pounds, black pants, white t-shirt and spiky hair. He was seen fleeing the area in a black Acura Integra with a Carbon fiber hood.

## Ground Broken for Portola Library



(l-r) Supervisor Sophie Maxwell, Mayor Gavin Newsom, San Francisco Public Library Commission President Charles Higuera, City Librarian Luis Herrera, Friends of the San Francisco Public Library Executive Director Donna Bero and CLW Builders contractor David Liang get ready for the ceremonial first shovel.

Mayor Gavin Newsom, Supervisor Sophie Maxwell, and Supervisor Tom Ammiano joined City Librarian Luis Herrera and community members on July 17 to break ground on the site of the new Portola Branch Library.

Located at the corner of Bacon and Goettingen streets, between E.R. Taylor Elementary and Martin Luther King Jr. Middle schools, the new single-story branch will replace the storefront spaces on San Bruno Avenue leased by the Library for more than 50 years. The new branch is scheduled to open in late 2008.

"The Portola Library has roots in our city's Southeast for over five decades," said Mayor Newsom. "Today, as we unite to break ground on this new facility, I am excited that our residents and the children of the neighborhood will have a state-of-the-art center to check out books, surf the internet or meet to do homework."

Designed by the architecture team of Noll & Tam and Stoner Meek, the branch will have a prominent reading area, an expanded children's section, a designated teen area, a program room with after-hours access for community meetings, more functional staff spaces, a small garden and a main entrance on Goettingen.

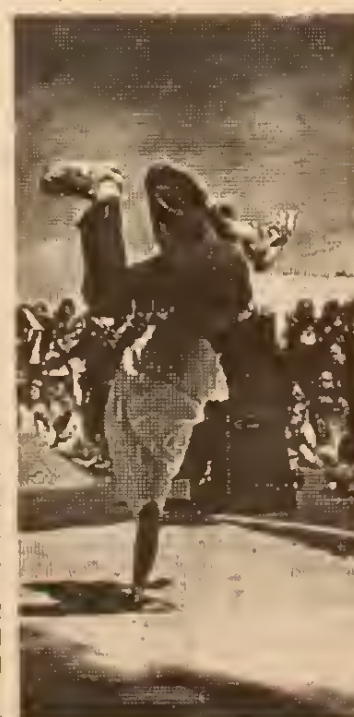
Sun-shading devices resembling book spines and well-placed functional windows for natural lighting and ventilation will add to the design.

The construction of the new branch will cost approximately \$6

million, is funded by a \$105.9 million bond measure passed by voters in November 2000, and is part of the largest building campaign in San Francisco Public Library history.

The Branch Library Improvement Program (BLIP) calls for 17 branches to be renovated, four leased facilities to be replaced with City-owned buildings, two branches to be replaced with new buildings, and one brand-new branch in Mission Bay.

For more information, please call (415) 557-4277.



Break dancers entertained the crowd.

## CITY COLLEGE OF SAN FRANCISCO

FALL SEMESTER BEGINS AUGUST 15TH

Space is still available in many courses at City College of San Francisco's Southeast Campus, 1800 Oakdale Avenue and 450 Raymond St. this fall (see sampling below). Instruction begins August 15. Credit courses are just \$20 per unit. **Noncredit Courses are FREE.** Apply now at [www.ccsf.edu](http://www.ccsf.edu), then select the courses you want. New students can register for credit classes starting July 16.



### SAMPLING OF FALL 2007 CREDIT COURSES

CN#	Course Title	Days/Times	Room #
70039	African Am. in US	T 5:30-8:30 pm	TBA
74876	DOAC Credit Analysis	MTW 9 am-1 pm	306

### SAMPLING OF FALL 2007 NONCREDIT COURSES

CN#	Course Title	Days/Times	Loc./Room #
84683	Academic Success	W 10:30 am-1 pm	413
84511	Basic Accounting	F 12 noon-2:30 pm	407
81961	English Algebra	MT 10:30 am-1 pm	413
84579	Chico	TTh 1-3:30 pm	410
84534	Computer Lab	MTW 9 am-12 noon	407
84534	Computer Lab	F 9-11 am	407
84535	Computer Lab	F 12 noon-2:30 pm	407
84536	Computer Lab	T 6-9 pm	407
80155	ESL Levels 1-4	MTW 9-11:30 am	450 Raymond St.
84171	Excel Level 1	T 6-9 pm	407
84687	Focus on the Future	TTh 10:30 am-1 pm	413
81967	GED Preparation	TWTh 8-10:30 am	413
84364	Intro Windows XP	MT 9 am-12 noon	407
81987	Literature & Comp.	MTW 1-3:30 pm	506
84290	Microsoft Office	F 9-11:30 am	407
84290	Office 2007	F 9-11:30 am	407
84583	Physical Science 1	W 8 am-11 am	509
84542	Power Point	S 9 am-12 pm	407
81924	Pre GED Prep	Only 8-10 am	313
84516	Quick Books Level 1	MT 12 noon-3 pm	407
81945	Reading/Writing Lab	Only 11:30 am-1 pm	313
81911	Vocabulary & Spelling	MTW 10:30-11:30 am	313

### SAMPLING OF FALL 2007 NONCREDIT SHORT TERM COURSES

CN#	Course Title	Days/Times	From/To	Room #
84542	Power Point	S 9 am-12 noon	9/8-10/6	407
84171	Spreadsheet	T 6-8:30 pm	10/2-10/30	407
84542	Internet and e-mail	S 9 am-12 noon	10/20-11/12	407

For more information call 415 558 4308 or visit [www.ccsf.edu](http://www.ccsf.edu)



## EarthTalk

### Motorcycle Pollution

Dear EarthTalk: How much pollution do motorcycles generate? Are there efforts to make them more eco-friendly? -Matt Lackore, Rochester, MN

Motorcycles typically get about double the gas mileage of even the most fuel-efficient cars—but that doesn't mean they are green. Despite getting 60-70 miles per gallon, motorcycles are not subject to the same rigorous emissions standards as cars and light duty trucks, even though they spew up to 15 times more pollution per mile, mostly in the form of smog-causing hydrocarbons and nitrogen oxides.

Increasingly stringent regulations in Europe and the U.S. have forced automakers to make their engines cleaner, but motorcycle manufacturers have not been held to such high standards and have therefore been slow to implement similar advances. According to the European Commission, motorcycles—despite only accounting for about three percent of total traffic volume in Europe—are expected to generate as much as 14 percent of that continent's total hydrocarbon emissions by 2010.

But there is light at the end of the tunnel, thanks in large part to the state of California, which in 2004 passed legislation to green up motorcycles sold and ridden in that state. California's new standards dictate that hydrocarbon and nitrogen oxide emissions from motorcycles top out at only 0.8 grams per kilometer (g/km), down from 1975-set standards of between 5.0 and 14.0 g/km (depending on engine size).

And in 2005, the United Nations' World Forum for Harmonization of Vehicle Regulations, which works internationally to set vehicle emissions standards, issued a new set of motorcycle emissions testing guidelines that will make it easier for manufacturers to design more green-friendly motorcycles.

In the wake of these developments, the U.S. Environmental Protection Agency (EPA) established new federal rules that require motorcycle makers to reduce their products' emissions by 50 percent. In place since the beginning of the 2006 model year, these new rules are expected to cut combined hydrocarbon and nitrogen oxide emissions from motorcycles by about 54,000 tons a year, while also saving approximately 12 million gallons of fuel annually by preventing it from escaping from fuel hoses and fuel tanks.

Many manufacturers are rising to the challenge. Honda, already a world leader in the development of greener cars, is putting the finishing touches on its new "idling stop system" that cuts fuel consumption and exhaust emissions by turning off the engine instead of idling at stop lights and in traffic jams. And Intelligent Energy, a British company, is developing an Emissions Neutral Vehicle (ENV), a motorcycle powered by a detachable hydrogen-powered fuel cell. The vehicle can reach speeds topping 50

### Events in August at Valley Branch Library

Following are events in August at the Visitation Valley Branch Library:

\*Aug. 7, 14, 21 and 28, Tuesday: Mother Goose on the Loose with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

\*Aug. 7, 14, 21 and 28, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

\*Aug. 8, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

\*Aug. 9, Thursday: Crosspulse Rhythm Duo makes music out of anything and everything, from bells and banjos, to bodies, boxes and bouncing balls at 1:15 p.m. for ages 5 and older.

Visitation Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

miles per hour while making virtually no noise, and can run for up to four hours without refueling. Bigger, faster and longer running versions of the ENV are currently in the works, and should become widely available in Europe, the U.S. and elsewhere within a few years. **Contacts:** California's "New Standards for On-Road Motorcycles," EPA's Motorcycle Emissions Info; Honda Motorcycles, Intelligent Energy

Dear EarthTalk: What is the population status of Africa's large mammals, such as elephants, lions, rhinos, and hippos? Are they all headed for extinction? -Elias Corey, Seattle, WA

Overall, the variety and abundance of wildlife in Africa, as elsewhere around the world, is shrinking fast as human population grows and encroaches ever more on once wild and pristine landscapes. While illegal hunting (known in Africa as "poaching") still runs rampant despite government crackdowns, the spread of logging and agriculture contributes even more to the decline of many species of large mammals.

The population of the continent's biggest mammal, the African elephant, has declined by more than 99 percent since the 1930s, when as many as 10 million of the great creatures roamed free there. At last count, biologists estimated that only about 600,000 elephants are left in all of Africa.

Elephant populations are thriving in areas of southern Africa, thanks to massive government conservation efforts, including a ban on the ivory

trade as part of the 144-nation strong Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), which limits its trade in wild animals and their parts and accords varying degrees of protection to more than 33,000 species of plants and wildlife.

Africa's hippopotamus population is also suffering, partly because of the very ban on ivory. Bullied out of the ivory trade, many African poachers have turned to hippo teeth, which measure as long as 24 inches and have become a valuable substitute for ivory. A 2003 census of the hippos of Virunga National Park in the African Republic of Congo, for example, found only 1,300 animals, down from an estimated 29,000 in a previous count three decades earlier. In neighboring Burundi, another recent census found that two thirds of that country's hippo population—some 200 animals—had disappeared in just a five-year period.

As for rhinos, only 10,000 individuals exist around the world, down 85 percent since just 1970. Poaching has been the main culprit in the decimation of these animals, with a single pair of black rhino horns—coveted by Arabs in oil-rich Yemen who collect them as symbols of wealth and status—fetching as much as \$50,000 on the black market. Of the two rhino species in Africa, the white rhino is faring slightly better and has rebounded from near extinction but isn't quite in the clear yet. The black rhino, down to only about 2,500 animals, is still consid-

ered critically endangered, however. Where it once roamed across the entire African continent, the black rhino is barely hanging on in just a few East African countries.

Lions may be faring a little better, but not much. The nonprofit African Wildlife Foundation reports that the continent's lion population has fallen off by half since the early 1950s when an estimated 40,000 "kings of the jungle" ruled. Besides contending with habitat loss to ever expanding human settlement, Africa's lions have also had to deal with hunting and poisoning by livestock ranchers.

Although limited conservation efforts within Africa and internationally are helping some of these spe-

## Homeless Prenatal Program Hosts Family Health and Wellness Fair

The Homeless Prenatal Program (HPP) invites families to attend its second annual Family Health and Wellness Fair on Friday, Aug. 10 from 1 to 3 p.m. at 2500 18th St. at Potrero Avenue.

Parents and their children can meet with health professionals from HPP's Wellness Center, San Francisco General Hospital's volunteer doula program, La Leche League leaders, acupuncturists from the American College of Traditional Chinese Medicine, and nursing students from San Francisco State University.

The Fair will also feature health screenings, blood pressure readings, body mass index calculations,

healthy snack demonstrations and tastings, massage, acupuncture, home safety tips, art workshops for children. All activities are free.

The Homeless Prenatal Program works with families to break the cycle of homelessness and poverty. Seizing the motivating opportunity created by pregnancy and parenthood, HPP joins with families to help them recognize their strengths and trust in their capacity to transform their lives.

Located in the Mission District near San Francisco General Hospital, HPP serves more than 2,000 families each year. For more information call (415) 546.6756 or visit [www.homelessprenatal.org](http://www.homelessprenatal.org).

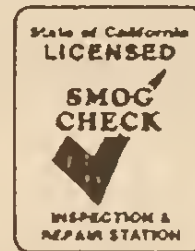
VISITACION VALLEY GRAPEVINE - AUGUST 2007 - 5

# TW AUTOMOTIVE

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## 2500 BAYSHORE BLVD. (at Visitation)



## What You Need to Know About Tai Chi

by Arthur Rosenfeld

Tai chi is the fastest growing exercise in America. More accessible than yoga because it doesn't demand great flexibility, and easy for people of all ages to begin because there are not special fitness requirements, it is a gentle, beautiful exercise that improves strength, balance, hand-to-eye coordination, teaches you to relax more deeply than ever before, and gives you an unparalleled workout for butt and legs.

There are many medical studies touting its good effects on the degenerative diseases of aging, including arthritis, diabetes, high-blood pressure, and asthma. Tai Chi has also been shown to strongly stimulate the immune system. It improves attention disorders in children, and helps the elderly guard against the kind of dangerous falls that can ultimately prove fatal. In addition to all this, tai chi is fun to practice, beautiful to watch, and is based on a philosophy that helps change the way you see the world for the better. Here are five things you need to know about Tai Chi:

### 1. Tai Chi and other martial arts.

Tai chi differs from all other forms of exercise because it sits atop the unique legs of a very special tripod. The first leg is China's long history of folk martial arts, systems developed in the days before firearms and before the kind of reliable infrastructure that protected people and their property from bandits and other criminals. Chinese martial arts enjoy a great reputation for effectiveness, although these days we see and appreciate them mostly in the movies. Tai Chi is one of the most sophisticated and effective of all Chinese martial arts, although it does take a while to learn to use it for self-defense.

### 2. Tai Chi and Chinese medicine.

The second leg of the tripod is Chinese medicine. Devotees of Chinese medicine claim it is cheaper and safer than Western medicine and just as effective. Chinese medicine is holistic, meaning it looks at the whole person rather than isolating specific problems and trying to figure them out. Because of this "system-thinking" Chinese medicine is more likely to put together symptoms and observations rather than considering them separately. In the Chinese medical model, and in Tai Chi, the body is crisscrossed by energy pathways known as meridians. These meridians carry "qi" or life force, a vital elixir the body requires for health. Some scientists define qi as the bioelectric energy of life, the information contained in our DNA, and even as ultra-low frequency vibration. The object of Tai Chi practice is to open all the body's meridians so that the extremities, skin, senses and organs receive maximum qi flow. In this way, Tai Chi assures optimum

health.

### 3. Tai Chi and Asian philosophy.

The third leg of the Tai Chi tripod is a philosophy called Daoism. Daoists were woolly mountain men in China, great lovers of nature and all things natural. Daoist philosophy persists in our culture in the form of such sayings as "May the force be with you," and "Go with the flow." To the Daoist, nature is constantly hinting at the best way to do things, and Daoists prize minimal effort for maximal results. Daoists cultivate sensitivity to the natural rhythms of the world around them, and Daoist practices like Tai Chi help you learn to sense natural phenomena like the cycles of the tides and the moon. Tai Chi also enhances your ability to detect mood shifts in others, and to notice your own natural rhythms, which in turn is useful in knowing what time of day, week or month is best to embark on which task or journey. Going with the flow of nature, a Tai Chi person pays close attention to the environment, and never uses force against force.

### 4. What to expect from Tai Chi practice.

Tai Chi practice is comprised of three parts. The first part is meditation, usually done standing up. The meditation is often guided by the teacher, who will ask you to imagine, for example, that your feet are growing roots like a tree, or that you can see that vital elixir, that qi, as it courses through your body. This kind of meditation helps you become more in touch with your body, and also teaches you to focus and to banish stray thoughts.

The second part of Tai Chi is the practice of so-called "forms." Some people call these forms dance-like, or even trance-like because of the focus and quiet they require. In fact, forms are nothing more than a series of movements strung together like pearls on a string. The purpose of these movements is to provide you a kind of moving laboratory in which you can test your body's ability to handle force from different directions. The form also helps you develop hand-eye coordination and most of all teaches you a particular kind of relaxation unique to Tai Chi. This kind of relaxation is best described as letting all tension leave your body and drop your center of gravity. Advanced Tai Chi devotees add a variety of swords and other weapons to their form practice, but this is only appropriate after years of study.

The last element of Tai Chi practice is a set of partner exercises called pushing or sensing hands. While the original purpose of these exercises was to prepare the practitioner for combat, today they are practiced cooperatively and are as important for the bonding they provide between Tai Chi classmates as for the sensitivity to motion and intention they cultivate.

### 5. Choosing a teacher.

While authentic Tai Chi is an art form rather than merely a sport,

teachers range from folks who were cab drivers in China and, seeing dollar signs, suddenly proclaim themselves Tai Chi experts, all the way to genuine masters. A good Tai Chi teacher should be obviously skillful, but humble and helpful and friendly as well. Any legitimate teacher should be eager to talk about his own teacher, and should allow you to watch the class for free. You can also learn a lot about an instructor's qualifications, as well as the benefits of the class, by talking to students when the class is over.

Tai Chi classes can be found at YMCAs, recreational or community centers, and in martial arts schools.

## Future is Now for the Brainy Parking Meter

Most of us don't put a whole lot of thought into parking meters until we get zapped with a ticket for an expired meter. That's when we start complaining about how the whole parking system is stacked against us. After all, in today's hectic world you practically need to schedule a planning session to park at a meter without fear of getting ticketed!

You know what I'm talking about — you've got to make sure you have enough change. And who ever does? You also have to watch the clock. And if you're trapped in an important meeting, you have to scope out someone in advance to run down to the meter for you before time's up. No wonder expired meters account for the bulk of parking violations in most cities. But now tickets for expired meters could be a thing of the past.

Imagine parking at a meter that lets you pay with your debit or credit card. Or even change if you have some. But accepting coins is the only similarity between the patented, state-of-the-art *Photo Violation Meter*, or PVM, and the conventional, old meters. The PVM, created by Photo Violation Technologies Corporation, is Revolutionizing The Parking Industry with its user-friendly features.

The smart parking meters are currently installed for a testing period in Vancouver, British Columbia and Niagra Falls, New York. They've already earned top marks from users during a test run in San Francisco.

"On-street parking is a critical factor for cities to promote business and tourism locally so it must be easy to use and offer conveniences for the customers," says Fred Mitschele, President and CEO of Photo Violation Technologies Corporation.

The PVM truly is user-friendly in every sense of the word. Not only does it offer more convenient ways to pay, the PVM can actually call to warn you that your meter is running low and allows you to pay for more time over the phone. No kidding.

"We designed the meter so that you're not slapped with a \$30 fine simply because you ran out of

Typically classes cost between \$10-20 per session, although private instruction from a renowned teacher may cost a great deal more.

In conclusion, if you want to learn more about Asian culture while also learning how to slow down and smell the roses, you will enjoy Tai Chi. If you suffer from any of the degenerative diseases of aging, or if you find high-intensity sports turn you off, Tai Chi may also be for you. The art is like an onion, yielding layer after layer of complexity, benefit and joy over the years.

Arthur Rosenfeld is a Tai Chi master and the author of martial arts novel *The Cutting Season*. Learn more at [www.playtaichi.com](http://www.playtaichi.com).

change," says Mitschele. The No-Fine feature offers you the option of automatically paying in timed increments with your credit card so you avoid the risk of a ticket. Or you can take advantage of the Grace Period option. The city gives you a grace period by pre-programming a certain amount of time that you can pay for extra minutes before it turns into a parking violation. No other meter can do that."

Because it operates on a state-of-the-art wireless network, the PVM also provides free Internet hotspots for anyone with wireless capabilities. That means if you're sitting in your car with your laptop, you can get online to check email. It adds a whole new level of connectivity to any city that installs PVMs by creating so many free Wi-Fi hotspots for the general public. This technology is also useful for first responders who might require a greater level of connectivity options in the face of large scale emergencies.

While the wireless capabilities make savvy use of technological resources, these 'smart' parking meters are a dream come true for city governments for other practical reasons. The PVM photographs license plates of cars that do violate parking laws, creating evidence that's tough to dispute. Its sensors also reset each time a new vehicle pulls into the space, allowing cities to increase parking revenue. Because PVMs offer more flexible payment options they also eliminate common problems presented by on-street parking.

"Many cities are trying to collect hundreds of thousands of dollars in unpaid parking fines. In Washington, D.C. for example, unpaid tickets account for more than one million dollars," says Mitschele. "Because our meter makes it easier for people to pay for parking and avoid a ticket in the first place, it saves everybody time, money and an awful lot of aggravation. For people who do wind up receiving a ticket, the Pay Your Fine feature allows them to pay the fine right at the meter at a discounted rate."

## Book Review

### Modern Society Problems

J.R. Shumar paints a possible picture of America's future in the story of a presidential campaign plagued with secrets and immoral behavior, *The 2028 Election* (AuthorHouse; \$18.50 hardcover, \$13 paper).

Nicole Sparks is running as the Constitution Party candidate for president of the United States, accompanied by running mate Evan Wood, a renowned black journalist. She asks Kent Storm, a popular television reporter, to be her campaign manager. Initially Kent refuses, but later agrees to work for Nicole after Bobbie Marshall, another campaign worker, agrees to provide discreet sexual services for him. Bobbie has been married for less than a year and has a newborn baby at home, but her husband accepts the fact that she is planning to have a fling.

Nicole's ratings grow from less than 1 percent to more than 40 percent in the polls for the three-way race. She appears unbeatable, thanks to her successful campaign, until Kent and Bobbie's arrangement becomes public. Can Kent save the campaign and prevent Nicole from confessing her acquiescence?

"The characters in this book may seem extreme to the average person, but their actions occur in real life," says Shumar. "Society has evolved from when the sight of a woman's ankle was enough to titillate an admirer to even near nudity in public becoming commonplace. ... Sex is a phenomenal thing and should not be cheapened by making it a mundane event to be performed in public. The 2028 Election should appeal to readers who prefer less sex and bare skin on TV."

Shumar has six grown children and currently resides with his wife in Indianapolis. During World War II, he served in the Army Air Corps Reserve until Germany surrendered in 1945, and he was in boot camp for the Navy when Japan surrendered. He is an avid tennis player and NASCAR fan and has attended every Indianapolis 500 race since 1947. He has a business administration degree from Butler University and is a member of Mensa.

## Cooking Corner

### Mango Chutney Chops With Asparagus

1 red bell pepper; 4 mangos peeled, pitted and sliced; 10 fresh pineapple chunks (about 1 inch) with 2 tablespoons juice; 1/2 cup brown sugar, packed; 2 tablespoons Diamond Crystal Kosher Salt; 2 tablespoons cider vinegar; 1 tablespoon ginger root, peeled and chopped; 1 jalapeño chili, seeded and chopped; 8 boneless pork chops (1/2- to 3/4-inch thick); 1 bunch asparagus, trimmed

1. Chop one-half of red pepper, cut remaining half into thin strips for garnish and set aside. In large skillet, combine mangos, chopped pepper, pineapple, brown sugar, salt, vinegar, ginger root and chili. Bring to a boil; reduce heat and simmer 30 minutes.

2. Meanwhile, grill or broil pork chops over medium-high heat, or 4 to 6 inches from broiler, for 5 to 7 minutes per side or until internal temperature is 165° F. Grill asparagus 4 to 7 minutes or until tender-crisp (or steam with 1/4 cup water in covered skillet for 4 to 7 minutes or just until tender).

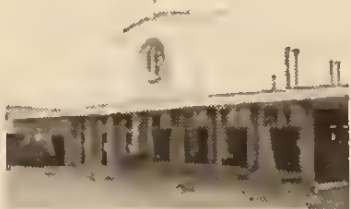
3. Serve pork chops and asparagus topped with mango chutney and garnished with reserved red pepper strips. Makes 8 servings. *NAPS*

### Grapevine on the Web

Read current and past stories from the Visitation Valley Grapevine at [www.visvalleygrapevine.com](http://www.visvalleygrapevine.com).

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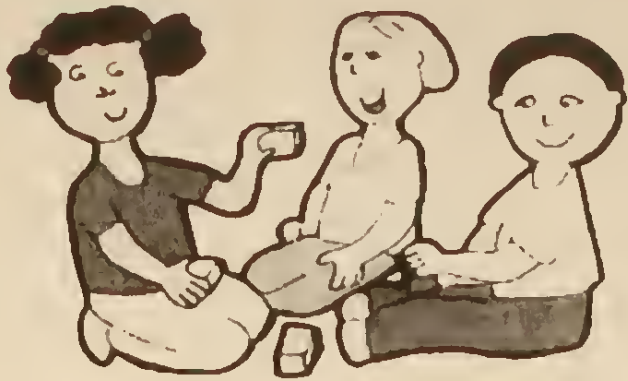
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## Watercooler Counsel

by Rich Proulx & Malinda Tuazon  
**Questionable Questions, Part II, Scrutiny Mutiny**

We get so many questions about job interview and application queries, we are writing a series of columns on the fine art of asking and answering these occasions. Here is our second installment.

**Q:** Recently I applied to teach math at a private school. The application was extremely thorough — maybe too thorough. It asked for my nationality, height and weight, and physical disabilities; whether married or divorced, number of children, and plans to marry within the next year (and if so name and employer of spouse); musical abilities, and hobbies. I was also asked to give testimony of my personal salvation experience, how frequently I attended church, my attitude and practice toward soul-winning, and my practice and belief regarding tithing. Can they legally ask for all that information? — Overwhelmed in Ontario, Oregon

**A:** Let's take start with the questions regarding religion. While Federal law prohibits most employers from making hiring, firing and other employment decisions based on an applicant or employee's religious beliefs or practices (or lack thereof), it is not per se illegal to ask you questions regarding your religion. But these questions

## Grapevine Classified

**IT'S NOT SMART** to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

\*Getting nervous and upset.

\*Feeling sick on a regular basis

\*Feeling like punching out something or someone.

\*Feeling like screaming

\*Can't sleep.

\*Watching television all night.

\*Simply not in a happy frame of mind

\*Problem making the right choices

If you are experiencing any of these symptoms, we need to talk with you. Visitacion Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

**VCC BOARD MEETINGS:** Visitacion Valley Community Center (VCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

**VOLUNTEERS WANTED** for VCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VCC After School coordinator: (415) 585-2059.

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## Crossword Puzzle Solution

L	C	D	R	E	D	C	S	A
K	O	A	E	A	U	O	P	H
E	I	N	E	Q	U	E	S	T
T	R	I	N	N	I	N	Y	C
S	A	B	E	A	G	T		
A	R	T	L	E	S	S	H	A
D	I	E	T	T	I	P	M	A
E	A	R	E	D	B	A	R	I
R	A	F	L	A	L	O		
N	P	G	R	U	L	E	D	S
S	A	N	S	K	R	I	T	A
A	L	A	E	O	N	O	R	E
E	R	A	R	E	T	A	S	T

could be potential evidence of the employer's discriminatory intent, for instance if you wound up filing a religious discrimination claim. Note: under the law, there is an exception for religious organizations, which are allowed to employ people of their own religion. If this school is an exempt religious organization, then it can likely ask applicants about religious background, beliefs, and practices and make employment decisions based on the answers without violating the law. This exception, however, is limited to discrimination based on religion, so even "religious" organizations are generally not permitted to discriminate on other protected bases, such as race, national origin, or sex.

Questions about an applicant's nationality, while not per se illegal under Federal law, may be used as evidence of an employer's discriminatory intent. These are questions for employers to avoid.

Any questions that ask an applicant to divulge whether or not he or she has any physical or mental disabilities, questions about present or past physical or mental health treatment, and questions about present or past use of medication, especially before there is even a job offer on the table, are plain illegal under the Americans with Disabilities Act. On the other hand, questions about height and weight are not considered disability-related. (Even if these questions may sometimes reveal that an applicant has a condition such as dwarfism or morbid obesity - both of which may be disabilities - they will usually reveal no more than normal deviations in height or weight, which are not disabilities.)

In many states (including Alaska, California, Oregon, and Washington) it is also illegal to discriminate based on marital status.

In sum, there are some questions that are on their face illegal, and some that are inappropriate. The harder question is what to do about it: do you fill out the questionnaire? Talk to the school's hiring official about the questions that concern you? File a complaint with the EEOC or your state or local fair employment practices agency? Clip out this column and anonymously send it to the school? I think the answer depends on how good a fit you are for the school and the school for you.

Lastly, musical abilities and hobbies are pretty safe territory to inquire after (although anyone who has heard either of us singing in the shower may disagree!)

Send your questions to Watercooler Counsel@vcc.gov. Thirty-nine percent of human resource professionals said that the most common mistake made by job seekers was arriving late to the interview, according to a survey by HRnext.com. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission [www.eeoc.gov](http://www.eeoc.gov). Identifying information in the questions may be fictional.

## Five Misconceptions About Immunizations for Your Child

by Ralph Salimpour, MD, DCH, FAAP

One of the most important things that you can do for your child is to ensure that his or her immunizations are complete and up-to-date. Vaccines help prevent infectious diseases and they save lives. Childhood immunizations are responsible for the control of many infectious disease that were once common in this country, including measles, whooping cough, polio, mumps and tetanus.

While American currently has near record-low cases of vaccine-preventable diseases, the viruses and bacteria that cause them still exist. Vaccines prevent diseases in the children that receive them and protect those who come in contact with unvaccinated individuals.

Unfortunately today, with so many ways that information — or misinformation — can be spread (television, radio, newspapers, Internet sites, blogs, gossip, postings, etc), there are a lot of misconceptions about the true value of immunizations for your children. Here are the five most serious misconceptions today about immunizations for your children:

1. A child can develop autism from immunizations.

This misinformation, and the way it has spread throughout the Western World is sad, unfortunate and dangerous. Numerous researchers and studies have proved this statement wrong. There is no connection between immunizations and autism. The MMR vaccine, which is given at 12 months of age, has been blamed on autism. True symptoms of autism start to present themselves at that age. This coincidence of timing has given an excuse to irresponsible people to spread the rumor that the MMR vaccine can cause autism. This is totally untrue.

2. Vaccines are not needed anymore because most of the diseases they covered no longer exist.

False. The world is a much smaller place these days, because of the speed of transportation. Anyone who carries a virus or a bacteria anywhere in the world can travel to the United States in a few hours and easily spread this infection to people who are not immunized. In the case of tetanus, we don't need anyone to import it. The germs which cause tetanus are everywhere. All that is needed is a light wound ... even something as small as from a kitchen knife when we are peeling an orange, or a wound from a fall taken on a soccer field ... or even a puncture from the thorn of a beautiful rose, or a more serious injury from an automobile accident or from the battlefield.

3. A child who's not yet weaned doesn't need immunizations.

This is false. Breast milk is the best

nutrient available for babies and it does transfer some forms of immunity to newborns. By breast feeding, your baby will have less diarrhea and ear infection, his brain will grow better and he will have less chance of developing asthma and diabetes. But he will not be protected against diphtheria, tetanus, whooping cough, measles, rubella, polio, Haemophilus B (which can cause ear infection, sinus infection, pneumonia and meningitis, among other diseases) and Hepatitis A & B.

4. Giving a child more than one immunization at a time can be dangerous.

False. Research has proven that giving a child several vaccines at the same time is effective and carries no risk.

5. Some vaccines have serious side effects, so it's better not to immunize my child.

False. None of the vaccines available today have any serious side effects. Some immunizations may have minor side effects. But this is

never comparable to the disease itself. For instance, the measles vaccination, which is one of the three components of the MMR, may cause some fever, rash and enlargement of the lymph nodes. But all of these effects disappear within a few days, whereas measles itself kills hundreds of thousands of people each year.

Immunizations today are time-tested, safe and vital to the ongoing health of children. The fact that we don't see certain diseases anymore doesn't mean they no longer exist ... it simply means that today's vaccines are working. They will continue to work only as long as we continue to immunize our children.

Ralph Salimpour, MD, DCH, FAAP, is a Clinical Professor of Pediatrics at the UCLA School of Medicine and the founder/lead physician of the Salimpour Pediatric Medical Group. He is the author of "Silent River, Empty Night—Diary of a Pediatrician in Iran" (Outskirts Press). Visit him online at: [www.ralphsalimpourmd.com](http://www.ralphsalimpourmd.com)

## Some Healthy Facts to Know About Coffee

1. Coffee is rich in antioxidants and fiber. The No. 1 source of antioxidants in the American diet is not blueberries or broccoli. Your morning cup of joe packs a wallop of antioxidants to protect cells. Coffee also has more fiber than orange juice. In a recent Spanish study, scientists concluded that "brewed coffee contained a significantly higher amount of soluble dietary fiber than other common beverages."

2. Coffee can help you get in shape. Research shows coffee may be especially useful for athletes engaged in sports, such as swimming, running or cycling. Coffee may increase stamina, reduce fatigue and even lessen muscle pain. For many people, experts say that a cup or two of coffee 30 to 60 minutes before a workout may do the trick.

3. Coffee can help you work out your mind. Whether you're doing

a crossword puzzle, studying, playing bridge or reading, coffee can help you better perform tasks involving memory and logical reasoning.

Evidence shows drinking coffee enables test takers to score higher even when they are under stress.

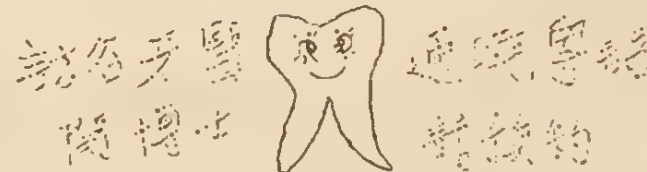
4. Coffee is just as hydrating for your body as water.

5. A cup of coffee can help protect you from disease. Scientific studies have found that drinking coffee lowers the risk of getting type 2 diabetes.

Research shows that coffee drinkers show much less liver damage, even if they're at higher risk due to cirrhosis, hepatitis or alcohol abuse and that coffee also reduces the risk of liver cancer. Other research indicates that coffee may help prevent Parkinson's disease, prevent cognitive decline in older men and reduce the risk of Alzheimer's disease. **NAPS**

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## Visitation Valley Police Report

by Ingleside Captain Paul Chignell  
**Traffic Safety in the Ingleside**

There are a number of obligations that we take seriously at the Ingleside Station. Certainly addressing violent crime is paramount. We have worked aggressively to find approaches to stop street robbery and are aware of the high level of domestic violence and auto related crimes in our district.

We are also acutely aware that traffic safety is an important concern for the residents and visitors to the Ingleside Police District. The topography, the large number of traffic arteries, and the high number of children and the elderly all contribute to a need for targeted traffic enforcement to protect pedestrians and to promote general traffic safety.

In the past two years all of the lieutenants and sergeants (the supervisors of the men and women who serve you) have been directed to make traffic enforcement a key component of community policing in the Ingleside. Officers have been directed to make this activity an important part of their daily routine.

We have also been effective with pedestrian "stings" where a decoy officer attempts to negotiate a crosswalk without getting hit by a vehicle speeding through the crosswalk. When the violator is caught, that driver is cited for failing to yield to a pedestrian. We have utilized this program on Guerrero, Dolores, Church, Mission, Monterey, Alemany and Cortland.

One measure of our success is community appreciation and support for our efforts. Another is a statistical measure which I am pleased to share with you:

So far this year officers of the Ingleside Police Station have written 6,354 moving traffic citations through June 30th, which is fully 2,000 more than the next police station. It is 1200 more than the number we had written through June 30th of last year. In June of 2007 alone, an incredible 1,292 citations were written, with the next closest police station at 657. And most importantly, because we believe in cause and effect, our injury accidents are down 30 percent from May to June.

We pledge to continue promulgating traffic safety and welcome your comments and suggestions.

### Heritage Homes Meeting

On Tuesday, June 19, Sgt. Eli Turner and his team of officers met with representatives of Heritage Homes on the 200 block of Rey to formulate a plan to decrease loitering, drug trafficking and gang related issues in the neighborhood.

### Police Foot Patrols

A new program has been started in the Visitation Valley. Ingleside officers will be walking on foot in the Heritage Homes/Britton Court area in the night time hours to abate gang activity, loitering and drug dealing. This is in direct response to community requests for more police presence in working with the community in that neighborhood.

### Police Cases

\*On June 17 at 2:18 a.m., an officer stopped a vehicle at Hahn and Visitation for a stop sign violation. The driver, who lives on the 100 block of Loehr, was unlicensed. He was cited and his 1987 Chevrolet was towed. At 4:20 p.m., an officer went to the 100 block of Santos where an inebriated boyfriend had broken his girlfriend's window. The suspect, who lives on the 1400 block of Egbert, was cited for malicious mischief. At 6:06 p.m. at Peabody and Leland, officers were aware of an incident that had occurred on a previous day on the 2200 block of Bayshore where a man had broken into a storekeeper's car, was rummaging through a metal box in the car that contained money and then was confronted by the victim. The suspect pushed the victim and calmly

walked away on Bayshore. The storekeeper knew of the suspect because he was constantly loitering around the store. The officers spotted the suspect at Peabody and Leland, detained him, obtained an identification from the victim and then arrested the resident of the 1500 block of McAllister for robbery.

\*On June 19 at 9:44 p.m., officers observed a vehicle at Arleta and Delta driving recklessly at great speed. The driver when through stop signs and red lights and passed vehicles with no caution. A few minutes later the officers spotted the vehicle on the 1200 block of Sunnydale. The driver dumped his vehicle and took off running. An officer and a police sergeant chased the suspect down and took him into custody. The resident of the first block of Garrison was cited for reckless driving, evading a police officer, driving with a suspended license, possession of marijuana and resisting arrest. His 1994 Nissan was towed.

\*On June 20 at 8:50 a.m., officers went to the 1900 block of Sunnydale on a complaint from Housing management about squatters in a vacant unit. They encountered two juveniles, one with a no-bail interfering with a police officer warrant, and another with a no-bail juvenile warrant who was a runaway. Both were arrested.

\*On June 22 at 10:30 a.m., officers went to the 200 block of Ordway where there was a dispute over a film shoot. A suspect, who lives on the 900 block of Carolina, had pushed another person in the chest a number of times. The suspect was cited for battery.

\*On June 23 at 9:50 p.m., an officer stopped a vehicle at Schwerin and Sunnydale for an equipment violation. The driver, who lives on Schwerin, was driving with a suspended license. He was cited and his 1995 Ford was towed. At 11:08 p.m., officers stopped a vehicle at Hahn and Sunnydale for a traffic citation. The driver, a known and combative gang member, threatened the officers to fight and was verbally abusive. He was transported to Ingleside Station as he refused to sign a notice to appear. At the station he signed the citation and was released.

\*On June 24 at 5 p.m., an officer was on patrol at Silver and San Bruno when his patrol vehicle was hit by a driver. The driver and passengers then exited the vehicle and ran away with the officer in pursuit. A witness advised another officer that the driver of the vehicle was hiding in a bus shelter at Bayshore and Silver. Numerous officers from Ingleside and Bayview Stations converged on the scene, with officers capturing the driver. It was determined that the vehicle was stolen as it was taken in a carjacking. Other suspects were detained and released pending an investigation. The suspect and detainees were identified as being members of the notorious "Oakdale" mob. The suspect, who resides on the 200 block of Valencia, was arrested for auto theft, hit and run, resisting arrest and gang affiliation.

\*On June 25 at 1:47 p.m., officers stopped a vehicle at Alpha and Leland with a loud exhaust. The driver, who lives in Oxnard, was driving with a suspended license and was uninsured. He also had in his possession property taken in a theft from 2005. The suspect was arrested and his 1989 Honda was towed. At 5 p.m., officers went to the 1500 block of Sunnydale to serve a restraining order. While they were on the premises they located the domestic violence suspect that they had been seeking. He was arrested. At 8:20 p.m. on the 300 block of Elliot, a juvenile suspect took a cement block and broke a window of a car. A resident saw him and yelled at the suspect who walked away. Officers spotted the suspect at Hahn and Visitation.

The suspect saw the officers and ran away. Shortly thereafter residents told the officers that they saw the suspect on the roof of 42 Hahn. Officers climbed up on the roof and captured the suspect who was concealing himself on the roof. After an investigation the officers found that the suspect, who lives on Heritage, had in his possession stolen property from another vehicle. The suspect was arrested on a multitude of charges.

\*On June 28 at 11:24 a.m., an officer stopped a vehicle at Leland and Rutland for a seatbelt violation. The driver, who lives on the first block of Towerside, was driving with a suspended license. He was cited and his 1989 Toyota was towed. At 10:50 p.m., an officer stopped a vehicle at Kellogg and Schwerin for an equipment violation. The driver, who lives on the first block of Britton, was unlicensed. He was cited and his 2002 Pontiac was towed.

\*On June 30 at 3 a.m. on the 500 block of Carter, an estranged boyfriend was constantly harassing a woman with scores of threatening phone messages that he would kill her. The suspect then went to her residence, climbed over a fence and then entered the residence through a patio door. When the victim called 911 the suspect fled. Officers tracked the suspect down to a residence on the 200 block of Hahn. The suspect, who lives on the 1400 block of Kirkwood, was arrested for burglary, stalking and threats. At 5 p.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives in Daly City, was driving with a suspended license. He was cited and his 1994 Mazda was towed.

\*On July 1 at 4:20 p.m., officers observed a wanted suspect on the 1600 block of Sunnydale. The resident of the 1000 block of Hollister was arrested on a warrant for drug possession and receiving stolen property.

\*On July 3 at 3:02 p.m., officers stopped a vehicle at Sawyer and Velasco for a registration violation. They determined that one of the occupants, who lives on the first block of Blythdale, was wanted on an arrest warrant for driving with a suspended license and giving false identification. The second occupant, was the subject of a parole search and then was released.

\*On July 4 at 8:40 a.m., a police sergeant stopped a vehicle at Santos and Brookdale for a seat belt violation. The driver, who lives in Sacramento, was driving with a suspended license. He was cited and his 1999 Acura was towed. At 12:35 p.m., an officer stopped a vehicle at Cora and Sunnydale for a stop sign violation. The driver, who lives on the 400 block of Athens, was unlicensed. He was cited and his 2007 Ford was towed. At 1:16 p.m., officers spotted a resident of the first block of Raymond who was wanted on an arrest warrant from the Alameda County Sheriff for a narcotics charge.

\*On July 5 at 4:45 p.m., an officer stopped a vehicle at Burr and Argonaut for a stop sign violation. The driver, who lives on the 100 block of Loehr, was driving with a suspended license. She was cited and her 1988 Honda was towed.

\*On July 6 at 7:40 a.m., an officer stopped a vehicle at Wayland and Cambridge for a stop sign violation. The driver, who lives on the 700 block of Peru, was driving with a suspended license. He was cited and his 1992 Cadillac was towed. At 11:02 a.m., officers at Garrison and Sunnydale observed a suspicious person. A warrant check revealed that the resident of the 200 block of Dorland, was wanted on a narcotics warrant. At 8:34 p.m., officers at Argonaut and Velasco observed a vehicle with multiple occupants and noticed that the vehicle was the same as reported earlier driving recklessly on Mission Street. As they approached the vehicle, three suspects exited the pas-

senger area and ran quickly away with one suspect dropping a fully loaded revolver on the ground. Numerous Ingleside officers responded to assist but the suspects escaped into the night. The driver was stopped and cited for various vehicular violations. He lives on the 100 block of Britton. The revolver was found to be stolen in April and reported to the Antioch Police Department.

\*On July 7 at 7:30 p.m., officers at Garrison and Rey joined Gang Task Force officers and arrested a resident of the 1100 block of Goettingen on a no-bail receiving stolen property warrant.

\*On July 8 at 4:12 p.m., an officer stopped a vehicle on the 900 block of Sawyer for a license plate violation. The driver, who lives on the 4400 block of Mission, was uninsured and was driving with a suspended license. She was cited and her 1992 Pontiac was towed. At 4:18 p.m., an officer stopped a vehicle at Rutland and Sunnydale for a stop sign violation. The driver, who lives on the 2900 block of 25th Street, was driving with a suspended license. He was cited and his 1991 Acura was towed. At 5 p.m., officers on the 200 block of Santos stopped a vehicle with two occupants for an equipment and stop sign violation. The driver, who lives on the 100 block of Brookdale, was driving with a suspended license, had a no-bail warrant for domestic violence and two warrants for drunk driving. The passenger, who lives at the same address, was wanted for four warrants for driving with a suspended license from Fairfield, Foster City and Siskiyou County. At 8:14 p.m., officers stopped a vehicle on the 1300 block of Sunnydale for an equipment violation. The driver, who lives on the 800 block of Niagra, was wanted on a misdemeanor warrant from Broadmoor.

\*On July 9 at 6:10 p.m., an officer stopped a vehicle at Brookdale and Geneva for an equipment violation. The driver, who lives on the 1200 block of Athens, was driving with a suspended license. He was cited and his 1986 Ford was towed.

\*On July 10 at 6:50 a.m., an officer stopped a vehicle at Santos and Blythdale for speeding. The driver, who lives on the 700 block of Columbus, was unlicensed and uninsured. He was cited and his 1998 Oldsmobile was towed. At 12:24 p.m., an officer stopped a vehicle on the 600 block of Schwerin for a license plate violation. The driver, who lives on the 2900 block of Folsom, was unlicensed. He was cited and his 1989 Jeep was towed.

\*On July 11 at 1:35 p.m., an officer stopped a vehicle at Mansell and Goettingen for a registration violation. The driver, who lives on the first block of Blythdale, was driving with a suspended license, was uninsured and had an arrest warrant from the Daly City Police Department for the same thing. At 2:16 p.m. on the 1700 block of Sunnydale, officers observed a fugitive walking down the street. The officers stopped the suspect, who has no permanent local address and arrested him for a no-bail parole warrant.

### Police Summaries

\*June 16 234 Blythdale Ave., found 1997 Buick.  
\*June 17 100 block of Santos St., assault.  
\*June 17 200 block of Santos St., assault.  
\*June 17 1500 block of Sunnydale Ave., breaking windows.  
\*June 17 1700 block of Sunnydale Ave., breaking windows.  
\*June 17 2050 Sunnydale Ave., found 1994 Saturn.  
\*June 18 6 a.m., Harkness and San Bruno Aves., robbery, purse, strongarm.  
\*June 18 3 p.m., First block of Fratessa Ct., burglary, computer taken, victim knows suspects.  
\*June 18 73 Brookdale Ave., found 1992 Nissan.  
\*June 18 1100 block of Brussels St., vandalism to vehicle.  
\*June 18 1200 block of Sunnydale Ave., found wallet.  
\*June 19 1700 block of Sunnydale Ave., burglary, window, money.  
\*June 19 8:30 a.m.-6:30 p.m., 1800 block of Sunnydale Ave., burglary, window, computer.  
\*June 19 10 a.m.-6:15 p.m., First block of Brookdale Ave., burglary, unlocked window, DVD player taken.  
\*June 19 500 block of Campbell Ave., attempted

VISITACION VALLEY GRAPEVINE - AUGUST 2007 - 9

thief from unlocked vehicle.

\*June 19: 200 block of Hahn St., threats, suspect known.  
\*June 19: 900 block of Hamilton St., fraud  
\*June 19: 1500 block of Sunnydale Ave., battery, malicious mischief.  
\*June 19 1700 Sunnydale Ave., found 2007 Chevrolet  
\*June 20 4:30 a.m., 1700 block of Sunnydale Ave., reported kidnapping and stolen vehicle, turns out to be a hoax.  
\*June 20: 127 Brookdale Ave., found 1991 Honda.  
\*June 20: Mansell St. and Visitation Ave., detention and release.  
\*June 21 200 block of Ordway St., vandalism to vehicle.  
\*June 21: 1700 block of Sunnydale Ave., gang member evades officers on motorbike.  
\*June 22 500 block of Argonaut Ave., theft, stereo, suspect known  
\*June 22: 200 block of Blythdale Ave., breaking windows  
\*June 22: 1000 block of Brussels St., theft from unlocked vehicle.  
\*June 22: 1200 block of Goettingen St., suspicious occurrence.  
\*June 22 First block of Kellogg Ave., domestic violence  
\*June 22 40 Rutland St., stolen 1991 Honda.  
\*June 23: First block of Brookdale Ave., domestic violence.  
\*June 23 Garrison and Sunnydale Aves., vandalism to vehicle.  
\*June 24 9:32 p.m., Arleta Ave. and Rutland St., robbery, pursesnatch.  
\*June 24 400 block of Harkness Ave., mental detention, 27 year-old man.  
\*June 25 4 p.m., 1200 block of Mansell St., robbery, strongarm, took suspects, took watch  
\*June 26 481 Leland Ave., stolen 1997 Acura  
\*June 26 481 Leland Ave., stolen 1997 Acura.  
\*June 26 1800 block of Sunnydale Ave., detention and release.  
\*June 27 12:20 a.m., 100 block of Blythdale Ave., robbery, gun, carjacking  
\*June 27 160 Brookdale Ave., found 1992 Saturn  
\*June 27 400 block of Leland Ave., domestic violence  
\*June 27: 1000 block of Sunnydale Ave., trespassing, theft, suspect known  
\*June 27 1801 Sunnydale Ave., found 1994 Saturn  
\*June 27 2000 block of Sunnydale Ave., grass fire  
\*June 27 Velasco and Santos St., brandishing firearm  
\*June 28 1616 Sunnydale Ave., found 1992 Honda.  
\*June 28 1950 Sunnydale Ave., found 1991 Lotus.  
\*June 29 11 a.m., 200 block of Talbert St., suicide, 77 year-old man shoots himself, expresses  
\*June 29 Garrison Ave. and Rey St., found shell casings.  
\*June 29 1000 block of Sunnydale Ave., threats, malicious mischief, suspect known.  
\*June 30 4:26 a.m., 200 block of Hahn St., shot fired into window  
\*June 30 8 p.m. (occurred June 24), San Bruno and Wide Aves., robbery, strongarm, five suspects, homophobic insults, keys taken.  
\*June 30 7:30 p.m., Santos St. and Velasco Ave., robbery on Muni bus, grabbed cell phone.  
\*June 30: First block of Blythdale Ave., breaking windows.  
\*June 30: 200 block of Rutland St., theft from locked vehicle  
\*June 30 100 block of Schwerin St., death, elderly man  
\*June 30 2100 block of Geneva Ave., attempted burglary of store, front gate damaged  
\*July 2 2400 block of Bayshore Blvd., malicious mischief, suspect known.  
\*July 2 100 block of Blythdale Ave., vandalism.  
\*July 2 Schwerin St. and Velasco Ave., found ID  
\*July 2 1600 block of Sunnydale Ave., threats, suspect known  
\*July 2 208 Velasco Ave., found 1991 BMW.  
\*July 3 First block of Castillo St., domestic violence.  
\*July 4 First block of Kellogg Ave., vandalism to vehicle.  
\*July 5 First block of Heritage Ave., burglary, unlocked window, clothes taken.  
\*July 5 200 block of Rey St., mental detention, 51 year-old woman  
\*July 6 Garrison and Sunnydale Aves., detention and release  
\*July 6 300 block of Raymond Ave., shot fired at window  
\*July 6 200 block of Rey St., mental detention, 51 year-old woman  
\*July 6 First block of Santos St., death, 57 year-old woman  
\*July 7 8:30 a.m.-8:30 p.m., 1900 block of Sunnydale Ave., burglary, window, jewelry  
\*July 7 1500 block of Sunnydale Ave., breaking windows  
\*July 7 1820 Sunnydale Ave., found 1989 Toyota  
\*July 8 1950 Sunnydale Ave., found 1996 GMC  
\*July 8 1972 Sunnydale Ave., found 1991 Nissan.  
\*July 9 12:05 a.m., 200 block of Desmond St., robbery, home invasion in garage, victims gambling, five suspects with guns and masks  
\*July 9 12:50 p.m., 200 block of Argonaut Ave., shooting, victim hit in hand, two suspects in car.  
\*July 10 5:30 p.m., Delta St. and Arleta Ave., robbery, gun, two suspects, took cell phone.  
\*July 10 Blythdale Ave. and Santos St., brandishing firearm, threats, suspect known  
\*July 10 200 block of Blythdale Ave., arson of vehicle.  
\*July 10 1600 block of Sunnydale Ave., stayaway order violation.  
\*July 10 100 block of Teddy Ave., missing 14 year-old girl  
\*July 11 8 a.m., First block of Brookdale Ave., burglary, window, refrigerator taken  
\*July 11 8:15 p.m., Alpha St. and Tucker Ave., felony assault, fight with baseball bat, neighbors  
\*July 11 First block of Alpha St., neighbor dispute.



## Grapevine Puzzler Speakers of the House

T C S T E V E N S O N O N N A C G H G D  
P R H D F K C A M R O C C M B Y R N S R  
E V U W G H G J K R K M A D G H V I A S  
N B N M K A J H E A T A J G A X C Y S E  
N C T Y B H G F F N D R G A A Y B Z T P  
I X E T A U I G U D I T E U D U T I R S  
N Z R F N E L R S A W I S T R S H O E K  
G C G Q K S G L R L S N F N S W I N N N  
T V H W H A S F D L Z X A U E A O V R A  
O B J Y E S E L S I L R A C V J H R A B  
N Y K E A D F O R R V C G T T E L L I G D  
O O C N D F O R M B U M T N H P B T R X  
S R I E A R H U W S A S U C O F R E A  
R E W A G G H C N O A G E F Y L O E B F  
E M G R R A T I R F B G N D D K L B N L  
D O D O T H N R A W H R I F E L E L E O  
N P E L O S I G V R E W A T E E Y A L C  
E N S Y H J W N H G F D L B K E R R H O  
H V M A T H G I R W F S B C L A R K U B  
C N H T R O W G N O L L I E N O C A M B

Muhlenberg  
Trumbull  
Dayton  
Sedgwick  
Macon  
Varnum  
Clay  
Cheves  
Taylor  
Barbour  
Stevenson  
Bell  
Polk

Hunter  
White  
Jones  
Davis  
Winthrop  
Cobb  
Boyd  
Banks  
Orr  
Pennington  
Grow  
Colfax  
Pomeroy

Blaine  
Kerr  
Randall  
Keifer  
Carlisle  
Reed  
Crisp  
Henderson  
Cannon  
Clark  
Gillett  
Longworth  
Garner

Rainey  
Byrns  
Bankhead  
Rayburn  
Martin  
McCormack  
Albert  
O'Neill  
Wright  
Foley  
Gingrich  
Hastert  
Pelosi

## Historic Proportions

1880

Match clues to answers.

- Annexed by France on June 29.
- First installed on Feb. 2 in Wabash, Indiana.
- Hostilities erupt here on Dec. 20 during First Boer War.
- James and John Ritty first patented this on Nov. 4.
- First opened its doors on Oct. 6.
- Democratic National Convention took place here from June 22 to 24.
- Nominated for Vice-President at Republican National Convention during June in Chicago.
- Elected U.S. President on Nov. 2.
- First performance of this national anthem on July 1.
- He performed the first test of his electric railway in Menlo Park, New Jersey on May 13.
- Paul Kruger becomes president

## As a Matter of Fact

\*Miami, Florida gets its name from an Indian word mayami meaning "big water."

\*Most of the copper produced in the world is used by the electrical industry, chiefly in the form of wire, because copper is the best low-cost conductor of electricity around.

\*A lion's life expectancy is 30 years at the maximum.

\*The anti-malarial drug quinine comes from the bark of the cinchona tree, a South American evergreen.

## Grapevine Five Years Ago

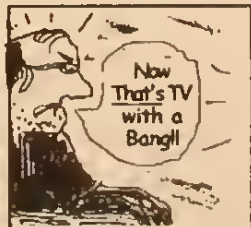
AUGUST 2002

\*More than 100 parents and children attended a Kindergarten Orientation at Vistacion Valley Elementary School.

\*A free full-color booklet titled Third Street Light Rail Youth Arts Program was published by the San Francisco Arts Commission, highlighting reproductions of selected works by 14 young people.

\*Firefighters moved swiftly to extinguish a 15-acre grass fire in McLaren Park on July 9.

## Sump, the Gump



## Poor Rix Almanac

by Rix Quinn

Hey, Poor Rix: Dandelions will grow in my yard, even if I spray weed killer on them or cut them up. But I have never, ever been able to raise a dandelion in a pot! Why is this? — Brown Thumb

Poor Rix loves dandelions, and considers himself a wild flower who also thrives in moderate climates, flies frequently from place to place, and may sometimes be viewed as a pest.

Did you know the first dandelions came to America with the colonists? Some said its leaves could be used in salad, and wine could be made from its flowers.

The dandelion also produces its own fertile seeds, so it does not require birds or bees for pollination. (That ends the only birds-and-bees lecture you'll see in this Almanac.)

Perhaps the secret of the flower's growth is long roots (up to three feet), which might explain its inability to grow in a pot while flourishing in a back yard.

Poor Rix also loves the back yard, and could never make his home in a pot because his face would flush.

Dear Poor Rix: My wife is pregnant and gets morning sickness,

## A Test for Old Kids

- After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?
- When the Beatles first came to the U.S. in early 1964, we all watched them on The \_\_\_\_\_ Show.
- "Get your kicks, \_\_\_\_\_."
- "The story you are about to see is true. The names have been changed \_\_\_\_\_."
- "In the jungle, the mighty jungle, \_\_\_\_\_"

- After the Twist, The Mashed Potato, and the Watusi, we "danced" under a stick that was lowered as low as we could go in a dance called the "\_\_\_\_\_."
- "N\_E\_S\_T\_L\_E\_S", Nestle's makes the very best....."
- Satchmo was America's "Ambassador of Goodwill." Our parents shared this great jazz trumpet player with us. His name was \_\_\_\_\_.
- What takes a licking and keeps on ticking? \_\_\_\_\_.
- Red Skelton's hobo character was named \_\_\_\_\_ and Red always ended his television show by saying, "Good Night, and \_\_\_\_\_"

- Some Americans who protested the Vietnam War did so by burning their \_\_\_\_\_.
- The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? \_\_\_\_\_ and \_\_\_\_\_.
- In 1971, singer Don MacLean sang a song about, "the day the music died." This was a tribute to \_\_\_\_\_.
- We can remember the first satellite placed into orbit. The Russians did it. It was called \_\_\_\_\_.
- One of the big fads of the late 50s and 60s was a large plastic ring that we twirled around our waist. It was called the \_\_\_\_\_.

- The Lone Ranger left behind a silver bullet.
- The Ed Sullivan Show
- On Route 66
- To protect the innocent.
- The Lion Sleeps Tonight
- The limbo
- Chocolate
- Louis Armstrong
- The Timex watch
- Freddy, The Freeloader, and "Good Night, and may God Bless."
- Draft cards (Bras were also burned.)
- Beetle or Bug
- Buddy Holly
- Sputnik
- Hoola-hoop

Answers: 1-E, 2-A, 3-I, 4-C, 5-H, 6-B, 7-F, 8-D, 9-C, 10-G, 11-J, 12-D, 13-K, 14-L, 15-A, 16-I, 17-F, 18-Z, 19-G, 20-C, 21-H, 22-E, 23-A, 24-B, 25-F, 26-D, 27-I, 28-J, 29-K, 30-L, 31-M, 32-N, 33-O, 34-P, 35-Q, 36-R, 37-S, 38-T, 39-U, 40-V, 41-W, 42-X, 43-Y, 44-Z, 45-AA, 46-AB, 47-AC, 48-AD, 49-AE, 50-AF, 51-AG, 52-AH, 53-AI, 54-AJ, 55-AL, 56-AM, 57-AN, 58-AO, 59-AP, 60-AQ, 61-AR, 62-AS, 63-AT, 64-AU, 65-AV, 66-AW, 67-AX, 68-AY, 69-AZ, 70-BB, 71-BC, 72-BD, 73-BE, 74-BF, 75-BG, 76-BH, 77-BI, 78-BJ, 79-BK, 80-BL, 81-BM, 82-BN, 83-BO, 84-BP, 85-BQ, 86-BR, 87-BS, 88-BT, 89-BU, 90-BV, 91-BW, 92-BX, 93-BY, 94-BZ, 95-CC, 96-CD, 97-CE, 98-CF, 99-CG, 100-CH, 101-CI, 102-CJ, 103-CK, 104-CL, 105-CM, 106-CN, 107-CO, 108-CP, 109-CQ, 110-CR, 111-CS, 112-CT, 113-CU, 114-CV, 115-CW, 116-CX, 117-CY, 118-CZ, 119-DD, 120-DE, 121-DF, 122-DG, 123-DH, 124-DI, 125-DJ, 126-DK, 127-DM, 128-DN, 129-DO, 130-DP, 131-DQ, 132-DR, 133-DS, 134-DT, 135-DU, 136-DV, 137-DW, 138-DX, 139-DY, 140-DZ, 141-EE, 142-EF, 143-EG, 144-EH, 145-EI, 146-EJ, 147-EL, 148-EM, 149-EN, 150-EO, 151-EP, 152-EQ, 153-ER, 154-ES, 155-ET, 156-EU, 157-EV, 158-EW, 159-EX, 160-EY, 161-EZ, 162-FF, 163-FG, 164-FH, 165-FI, 166-FJ, 167-FL, 168-FM, 169-FN, 170-FO, 171-FP, 172-FQ, 173-FR, 174-FS, 175-FT, 176-FU, 177-FV, 178-FW, 179-FX, 180-FY, 181-FZ, 182-GG, 183-GH, 184-GI, 185-GJ, 186-GL, 187-GM, 188-GN, 189-GO, 190-GP, 191-GQ, 192-GR, 193-GS, 194-GT, 195-GU, 196-GV, 197-GW, 198-GX, 199-GY, 200-GZ, 201-HH, 202-HI, 203-HJ, 204-HL, 205-HM, 206-HN, 207-HO, 208-HP, 209-HQ, 210-HR, 211-HS, 212-HT, 213-HU, 214-HV, 215-HW, 216-HX, 217-HY, 218-HZ, 219-II, 220-IJ, 221-IL, 222-IM, 223-IN, 224-IO, 225-IP, 226-IQ, 227-IR, 228-IS, 229-IT, 230-IU, 231-IV, 232-IW, 233-IX, 234-IY, 235-IZ, 236-JJ, 237-JK, 238-JL, 239-JM, 240-JN, 241-JO, 242-JP, 243-JQ, 244-JR, 245-JS, 246-JT, 247-JU, 248-JV, 249-JW, 250-JX, 251-JY, 252-JZ, 253-KK, 254-KL, 255-KM, 256-KN, 257-KO, 258-KP, 259-KQ, 260-KR, 261-KS, 262-KT, 263-KU, 264-KV, 265-KW, 266-KX, 267-KY, 268-KZ, 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## YARDCARE TIPS

### Water Conservation Tips

As the heat of the summer hits, many homeowners are spending more time watering their lawn and landscape.

Nationwide, landscape irrigation is estimated to account for almost one-third of all residential water use, totaling more than seven billion gallons per day. Experts estimate that up to 50 percent of that water is lost due to over-watering, evaporation, or bad irrigation system design and maintenance. Here are some tips from the water management experts at Toro on how you can water your lawn and landscape with the utmost efficiency.

\*Put a layer of mulch around your plants. Mulching helps to retain moisture and prevent evaporation. A generous amount of 3-to-5 inches is best.

\*Raise the blade on your lawn mower. Closely cropped grass requires more water.

\*Recycle your grass clippings back into your lawn by using a mulching mower. You'll not only conserve water, you'll save time while mowing.

\*If you use a hose and portable sprinkler, buy a hose end timer to regulate your watering time.

\*Consider installing a home irrigation system. Properly installed automatic sprinkler and drip irrigation systems can eliminate the time and hassle of hauling hoses around your property. More important, irrigation systems decrease water consumption by improving the accuracy, timing and delivery of water, reducing runoff and preventing over watering.

\*If you already have a home irrigation system, consider upgrading your timer. New technology makes it easier than ever to program and monitor your watering needs. Also, make sure your system has a rain sensor. Many states and local water districts now require rain sensors that interrupt the watering program when a specific amount of rain has fallen.

VISITACION VALLEY GRAPEVINE - AUGUST 2007 - 11

\*Sweep your sidewalks and driveway rather than hosing them down.

\*Plant native plants that are adapted to your climate; they require less watering and can reduce outdoor water use by 20 to 50 percent.

\*Install a drip irrigation system around your shrubs, hanging baskets, flower and vegetable gardens. Drip irrigation systems use 50 percent less water than conventional sprinklers.

\*The best time to water is in the morning. Watering during this time of day reduces the amount of evaporation and allows plants to dry out during the day, which cuts down on diseases.

\*Group plants with similar watering needs together.

\*Remove weeds regularly as they compete with your lawn for water.

## Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

\*Aug. 4: Learn about the fascinating habits of owls through owl pellet dissection.

\*Aug. 11: Paint your own watercolor scroll for a wall or window.

\*Aug. 18: Punch out all kinds of colorful animals and collage them into your barnyard book with opening doors and windows.

\*Aug. 25: Travel back 65 million years and make your own dinosaur landscape collage.

Other regular Saturday activities include: Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee); Meet the Animals from 11:15 a.m. to 12 noon; Animal Feeding at 12 noon; and Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

## Visitacion Valley Family and Community Services Center



**For a Better, Healthier, Safer Community for All**

## We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

First Series of  
Interacting with Your  
Child Through Games  
and Activities  
"Math and Science"  
Thursday, August 9  
5:30 - 7 p.m.

Free dinner, books and educational games.  
Participants with children ages 0-5 encouraged.

Second Series of  
Parents' Support Group  
Tuesday, August 16  
5:30 - 7 p.m.

Teaching Parents Difference of  
Self Esteem vs. Self-Concept, Part 2

Free dinner and childcare!  
Participants with children ages 0-5 encouraged.  
Facilitated by Julia Carmen, Before The After

## Every Wednesday

August 1, 8, 15, 22 and 29  
6 - 8 p.m.

Men's Classes  
Facilitated by  
Before The After  
FREE Refreshments



## Free Food Distribution

Every Monday,  
3 - 4 p.m.  
August 6, 13, 20 and 27  
Emergency food box  
available anytime.  
Call (415) 586-6998,  
Monday-Friday,  
9 a.m.-5 p.m.

## August 2007 Activities

held at 161 Leland Avenue  
except where noted

### Enhanced Information and Referral

Every Monday Through Friday  
August 1 to 31, 9 a.m. - 5 p.m.

### Family Field Trip to Great America

Saturday, August 11, 7:30 a.m. to 3 p.m.

### Male Involvement Support Group

Theme: Paint Pot and Plant the Bamboo  
Tuesday, August 16, 5:30 to 7 p.m.

### Parents and Children Hands-On Literacy

Theme: Back to School Kindergarten Readiness  
Saturday, August 18, 10:30 a.m. - 1:30 p.m.,  
66 Raymond Ave. (Gym)

### Nutrition Workshop

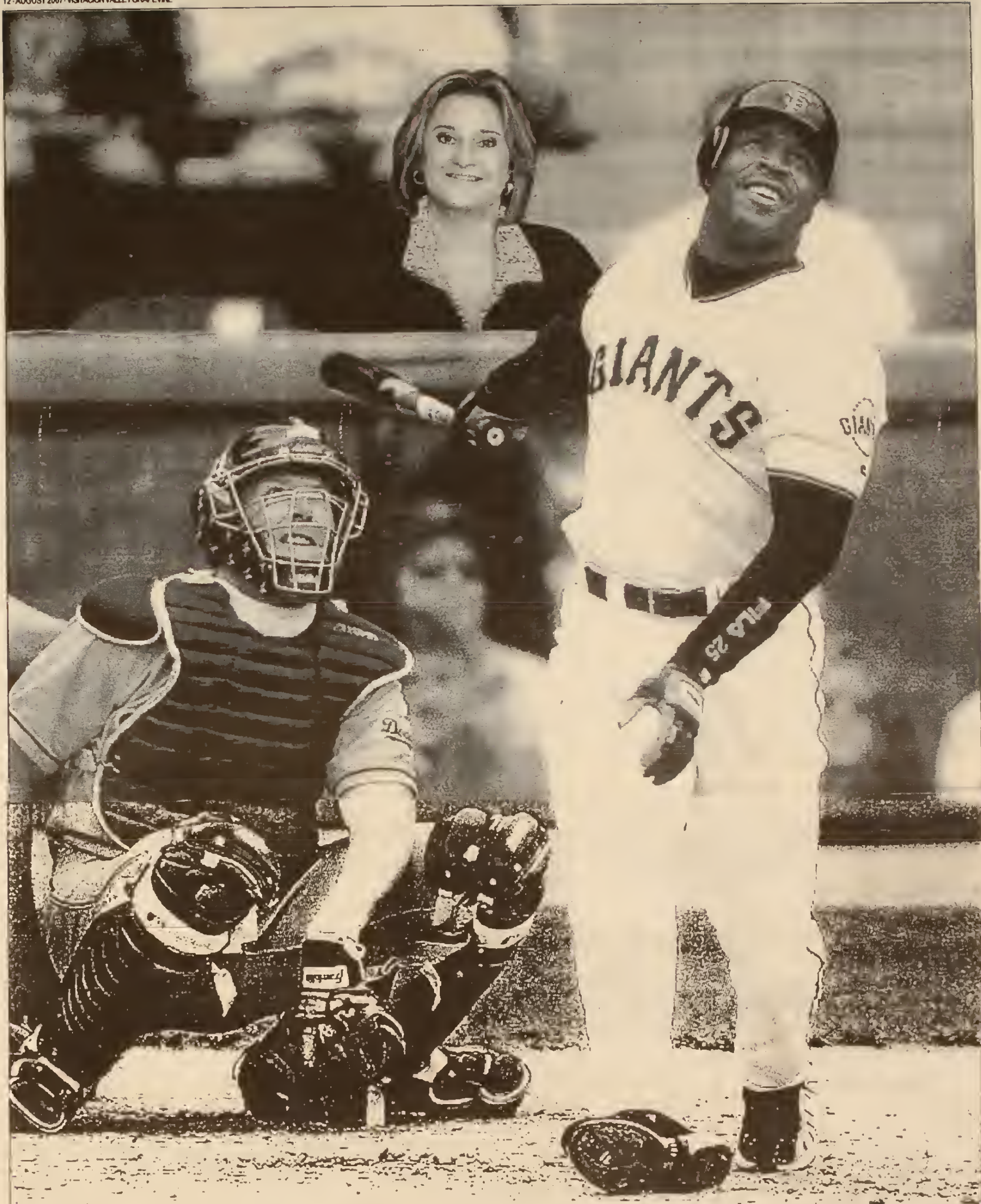
by: Jenny Lam  
Thursday, August 30, 5:30 to 7 p.m.



161 Leland Avenue, San Francisco, CA 94134

Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam\_vcc@sbcglobal.net





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# Z

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